

# TESCO

FREE | JANUARY 2023

*Freezer-friendly comfort food*

Mushroom,  
squash &  
barley pie  
p22

# PIE'S THE LIMIT

50+

recipes and  
meal solutions  
to try now

Budget recipes and ideas to help you eat well this winter







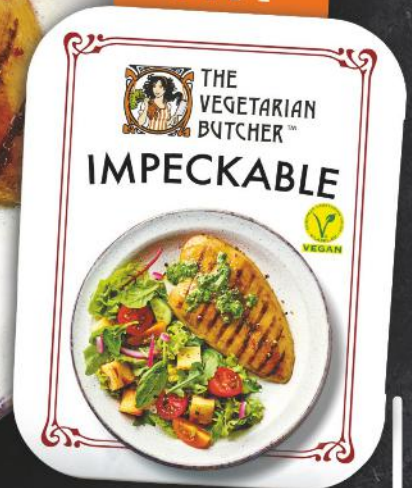
THE  
VEGETARIAN  
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# EAT MORE MEAT

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TRY



OUR PLANT-BASED  
CHICKEN BREASTS



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Lauren Rose-Smith,  
CONTENT DIRECTOR  
(PRINT)

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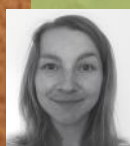
**JAMIE ROBINSON**  
Tesco executive chef, product development, p8



**DEREK SARNO**  
Tesco's director of plant-based innovation, p61



**JAMIE OLIVER**  
Good food ambassador for Tesco, p72



**JOANNA O'LOAN**  
Knowledge manager at the Energy Saving Trust, p39



**ISA ROBINSON**  
Nutritionist and intuitive eating counsellor, p78

Welcome to your new-look *Tesco* magazine. We've pulled out all the stops to help you save money on how you plan meals, shop and cook, so you can spend less and eat better. This is our promise to you. Our ideas work harder than ever, whether it's lower-energy cooking options (check out our microwave masterclass on p34), flexible recipes that help you use up ingredients, or multipurpose recipes that make meals cheaper (try our batch-cook dishes, from p44). We're doing what we can to make feeding your family easier. I really hope you enjoy this issue and find it as helpful as we've planned it to be. Let me know what you think!

*Lauren*



**I'M LOVING...**  
Gluten- and dairy-free falafels served in pittas with veg and tzatziki.  
**Free From Falafel Mix**  
160g, £1.80 (£1.12/100g)

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FOR COUPONS



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### COVER RECIPE

Mushroom, squash & barley pie  
**RECIPE** Anna O'Shea  
**PHOTOGRAPHY** Kris Kirkham  
**FOOD STYLING** Lucy O'Reilly  
**PROP STYLING** Jenny Iggleden



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MICROWAVE PEARL BARLEY RISOTTO

## WHY NOT TRY... LOW-ENERGY COOKING

Save money when cooking with our recipes and tips



AIR-FRYER APPLE CRUMBLE

42

MICROWAVE RED LENTIL DHAL



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Please always check labels carefully to ensure ingredients meet your dietary requirements, especially if you have an allergy. Our symbols are based on the ingredients listed on the packaging only. Please always check for allergen information such as 'may contain' messages. Ingredients are subject to change after going to press.

- V** Vegetarian (free from meat and fish)
- V** Vegan (free from animal-derived products)
- DF** Dairy free (free from milk-derived products)
- GF** Gluten free
- ⌘** Can be frozen for up to 3 months. Wrap appropriately. Defrost and heat thoroughly before eating. Never refreeze food that has already been frozen.

**Ingredients** used are from Tesco's core range, unless otherwise stated. We use medium free-range eggs, semi-skimmed milk, unsalted butter and unwaxed fruit. Ingredients marked 'optional' are not included in the cost per serve, reference intakes or dietary symbols. Tesco magazine is not responsible for any recipes included on advertisements.

**Reference intakes** are printed below recipes. For more information, visit [realfood.tesco.com/curatedlist/what-is-healthy.html](http://realfood.tesco.com/curatedlist/what-is-healthy.html). Our recipes should be eaten as part of a balanced diet and healthy lifestyle. All nutritional information is checked by a qualified nutritionist. We regret that we are unable to respond to individual nutritional queries.



# RECIPE INDEX



## OUR PROMISE TO YOU

We're on a mission to help you save time and money by reducing food waste, energy use and prep time, and manage your weekly shopping spend by choosing affordable ingredients and recipe methods fit for purpose. We'll offer balanced, filling meals as well as recipes for treats. We'll help you spend less.

### Key to our recipe symbols

- Ingredient swap
- Low energy
- Freezable
- Time-saving
- Make ahead
- Batch-cook

**Prices and availability** are subject to change. Due to ongoing uncertainty, prices and availability may be more susceptible to change than usual. Cost per serve is based on the online cost of ingredients (excluding anything unused) at the time of going to press and is subject to change.

**Alcohol** For more information about responsible drinking, visit [be.drinkaware.co.uk](https://be.drinkaware.co.uk)

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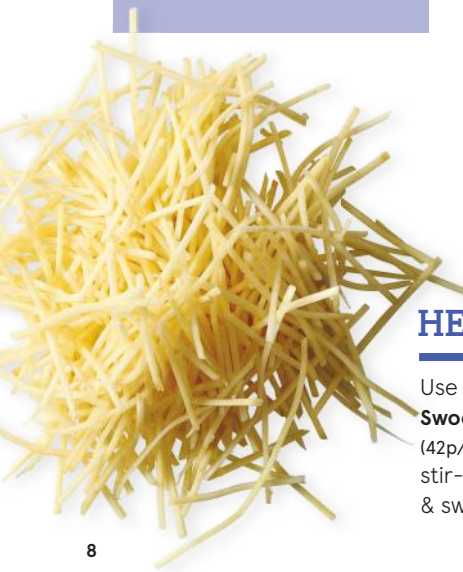
# What's in store now

Eat better and spend less with these savvy products in store now



**JAMIE ROBINSON**,  
Tesco's executive  
chef, product  
development

'After the indulgence of Christmas, we want a fresh start – and some fresh veg! Our new range of plant-powered grain packs (p12) will help spruce up your lunches without breaking the bank. You'll also find easy swaps if you're going vegan (p11), and fun fakeaway ideas to celebrate Chinese New Year – like this affordable, veg-packed stir-fry (right).'



## HEALTHY SWAPS

Use these swede noodles – **Swoodles 250g, £1.05** (42p/100g) – in your next stir-fry. Swap into our Pork & swede stir-fry, p28.



## CHINESE NEW YEAR

Plate up a flavour-packed stir-fry with these essentials

**Choi Sum 200g, £1.20** (60p/100g); **Edamame & Tenderstem Stir Fry Mix 320g, £1.70** (53p/100g); **Chinese Inspired Sauce 180g, £1** (56p/100g); **High Protein Noodles 300g, £1.25** (42p/100g)





## FISH FOR VALUE

These flaky fillets are MSC approved, and are just 50p each! **Hearty Food Co. 4 Breaded White Fish Fillets** ❄️ **500g, £1.99** (40p/100g)



## CHICKEN OUT

Feed the family for less with these cook-from-frozen **Butcher's Choice Chicken Breast Fillets** ❄️ **1kg, £3.79** (38p/100g)



## READY IN 2...

Pop **Wicked Kitchen Sweet Potato & 3 Bean Chilli** 300g, **£2.10** (70p/100g) in your microwave for a speedy vegan lunch.



### TAKE A DIP

Dunk **Wicked Kitchen Cool Triangles** 85g, **£1** (£1.18/100g), into zesty **Guacamole** 163g, **£1.20** (74p/100g), and **Mild Salsa** 200g, **£1.20** (60p/100g), for a bright snack on rainy days.

## BREAKFAST WITH A TWIST

Layer **0% Fat Greek-Style Yogurt** 500g, **£1** (20p/100g), with slices of **Red Grapefruit**, 90p, and a drizzle of honey.





Share the  
MOMENT

# ZERO

CALORIES GREAT TASTE



[shloer.com](http://shloer.com)

Clubcard price valid 26.12.2022-22.01.2023  
Clubcard/app required. While stocks last. Available in selected larger stores.

Only at **TESCO**



## FEELING FRUITY?

Add this colourful produce to your next wintry pie or crumble



**Granny Smith Apples Minimum 5-pack, £1.60 (32p each)**



**Blueberries 150g, £2 (£1.33/100g)**



**Organic Ripe & Ready Pears 550g, £2.50 (45p/100g)**

## PLANT POWER

You can still eat all your favourite things with these vegan swaps

**Wicked Kitchen Salted Caramel Chocolate Bar 150g, £2 (£1.33/100g)**



THE SPREAD

**Plant Chef Alternative to Soft Cheese 150g, £2 (£1.33/100g)**

**Plant Chef Vegan Mayonnaise 270g, 65p (24p/100g)**



THE SAUCE

## WHAT'S FOR DINNER?

This pasta is ready in minutes...



**Calorie Controlled Prawn Linguine 400g, £1.75 (44p/100g).** Clubcard members can get any three selected Tesco ready meals for just £7.50\*. It's a great opportunity to pop a few in the freezer for a quick dinner. You can even microwave some meals from frozen.

## CHEAT'S

ORNER

Home-cooked soup, without the faff! Simply fry **Leek & Potato Soup Mix 600g, £1.50 (25p/100g)**, to soften, then simmer with stock and blend.





## SHOPPING



## FAKEAWAY FRIDAY

Swap the takeaway menu (and price tag) for this spread. Serve **Hearty Food Co. Sweet & Sour Chicken with Rice** 🍌 400g, 79p (20p/100g), with **Mini Vegetable Spring Rolls** 🍌 216g, £1.25 (58p/100g), **4 Hoisin Duck Steamed Buns** 160g, £3.75 (94p each), and **Prawn Crackers** 60g, £1.05 (£1.75/100g).

## DON'T MISS

Brand-new grain packs make healthier lunches easier



**Mexican-style Rice & Beans** 300g, £2 (67p/100g)



**Greens & Grains** 300g, £2 (67p/100g)

## SHAKE IT

Try one of these new Wicked Kitchen shakes for a taste of nostalgia. **Wicked Kitchen Shake in Banana, Strawberry or Chocolate** 250ml, **£1.25** (50p/100ml)



WORDS JESS HERBERT PHOTOGRAPHY ALEX LUCK  
FOOD STYLING LUCY O'REILLY PROP STYLING MORAG FARQUHAR



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# PICK THE BERRY BEST

To make our Jordans Country Crisp so oat-rageously tasty, we start with nature's pick and mix. Get your taste buds ready for delicious light and crispy golden clusters and *berry, berry crunchy* combinations.

## TASTY BY NATURE

Clubcard price valid 18.01.2023 to 07.02.2023.  
Clubcard/app required. Subject to availability. Selected stores.

Available at **TESCO**



# COOK *ONCE*, EAT *TWICE*

Put this hearty, veg-packed Sicilian stew on your favourites list



89p  
per serve

*Today's seasonal sausage stew...*



Sausages with  
Sicilian-inspired  
carrot stew p16

*...becomes tomorrow's pasta dinner*

Carrot  
caponata  
spaghetti p16





## Dinner tonight

### SAUSAGES WITH SICILIAN-INSPIRED CARROT STEW

Serves 4 **DF** \*

Takes 1 hr

Cost per serve £1.31

Use your favourite veggie sausages to keep this recipe vegetarian, or choose a gluten-free variety to make it gluten-free.

1 celeriac, peeled and cut into bite-sized pieces  
1kg pack carrots, scrubbed and cut into bite-sized pieces

5 tbsp olive oil  
8-pack 50% reduced-fat Cumberland pork sausages  
50g blanched almonds, roughly chopped  
50g raisins  
2 tsp clear honey  
½ tsp dried oregano  
75ml white wine vinegar  
3 red onions, thinly sliced  
4 celery sticks, finely diced  
2 garlic cloves, crushed  
400g tin finely chopped tomatoes  
2 tbsp capers  
chopped mint leaves, to serve (optional)  
mashed potato, to serve (optional)

1 Preheat the oven to gas 7, 220°C, fan 200°C. Tip the celeriac and carrots into a large roasting tin, drizzle with 2 tbsp oil and roast for 40–45 mins until tender and golden at the edges. After 20 mins, cook the sausages on a baking tray to pack instructions.

2 Meanwhile, heat 2 tbsp oil in a large saucepan over a medium heat. Add the almonds and fry for 5 mins or until golden and fragrant. Tip the almonds and their cooking oil into a large heatproof bowl and add the raisins, honey, oregano and vinegar. Stir well, then set aside.

3 Add another 1 tbsp oil to the pan and fry the onions, celery and a pinch of salt over a medium heat for 10–15 mins until soft and starting to caramelise. Stir in the garlic, cook for 1 min more, then pour in the tinned tomatoes. Mix in the capers and the almond mixture and stir well.

4 Stir in the roasted vegetables and cook for 5 mins to infuse the flavours, then spoon 1kg caponata mixture into an airtight container and set aside to use for the Carrot caponata spaghetti (right). Scatter the remaining caponata with mint leaves, if using, then season and serve with the sausages and mashed potato, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2179kJ 524kcal	29g	7g	25g	2.0g
26%	42%	33%	27%	33%

of the reference intake. See page 6.  
Carbohydrate 34g Protein 24g Fibre 13g



## Dinner tomorrow

### CARROT CAPONATA SPAGHETTI

Serves 4 **V**

Takes 15 mins

Cost per serve 89p

Swap the mint for basil or flat-leaf parsley.

250g dried spaghetti  
1kg leftover caponata mixture (see recipe, left)

160g ricotta  
2 tsp olive oil  
a few mint leaves, finely chopped, (optional)

1 Cook the spaghetti to pack instructions. Drain, reserving about 200ml pasta water.  
2 Meanwhile, put the leftover caponata mixture in a large pan and heat over a low-medium heat for 7–8 mins to warm through. Loosen with the reserved pasta water, then add the cooked pasta and stir well to coat. Divide between 4 bowls; top each with a scoop of ricotta, a drizzle of olive oil and the mint, if you like. Season and serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1995kJ 479kcal	17g	4g	18g	0.8g
24%	24%	19%	20%	13%

of the reference intake. See page 6.  
Carbohydrate 62g Protein 15g Fibre 9g  
2 of your 5-a-day; low in saturated fat



# GET YOUR FISH-LESS FIX



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MONEY BACK\***

\*Terms and conditions apply. For more information visit: [www.green-cuisine.com/love-me-or-im-free](http://www.green-cuisine.com/love-me-or-im-free)

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# 5 FOR £25

Five reader-approved veggie recipes to see your family through the week



## Tried it, liked it



Our tester this month is Beate, an artist and part-time retail assistant who lives with her husband and two children. She tries to balance keeping weeknight meals healthy, quick and easy, as well as in budget.

## GET INVOLVED

Want to test one of our family dinner meal plans for four?  
Email [tesco.mag@cedarcom.co.uk](mailto:tesco.mag@cedarcom.co.uk) for your chance.

*We definitely had less food waste at the end of the week, and it was great trying new ingredients*





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Available at **TESCO**

Available in the majority of stores



## SWEETCORN, SQUASH & SPRING ONION RAMEN

Serves 4 

Takes 30 mins

- 1 vegetable stock cube, made up to 1.25ltrs
- 20g fresh ginger, finely grated
- 1 garlic clove, crushed
- 2 red chillies, 1 halved, 1 finely sliced (optional)
- 3 tbsp reduced-salt soy sauce
- 100g bunch spring onions, trimmed and finely sliced
- 250g diced frozen squash
- 400g frozen sweetcorn
- 4 eggs
- 250g pack medium egg noodles
- 5g fresh coriander, leaves picked

- Put the stock in a large, lidded saucepan and bring to the boil. Add the ginger, garlic, halved chilli, 1 tbsp soy sauce and half the spring onions. Reduce to a gentle simmer over a medium heat, cover and leave to infuse.
- Meanwhile, heat a frying pan over a medium-high heat and add the squash with 3 tbsp water. Stir for 5-6 mins until defrosted and the water has evaporated. Stir in the sweetcorn and remaining 2 tbsp soy sauce. Stir-fry for 2-3 mins until the sweetcorn is hot and the soy sauce coats the veg. Remove from the heat.
- Bring a pan of water to the boil and lower in the eggs. Simmer for 6 mins (or 8 mins for hard-set yolks). Add the noodles for the last 2 mins until tender; drain both. Rinse the eggs under the tap for 30 secs to cool, then remove the shells and halve.
- Divide the noodles between 4 bowls and add the veg. Top each with 2 egg halves, then pour over the broth, removing the chilli. Top with the remaining spring onions, coriander leaves and the sliced chilli, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1721kJ 409kcal	9g	2g	9g	2.8g
20%	13%	11%	10%	47%

of the reference intake. See page 6.  
Carbohydrate 58g Protein 21g Fibre 3g



## BEAN & CORN ENCHILADAS

Serves 4   

Takes 45 mins

- 2 tbsp olive oil
- 3 mixed peppers, sliced
- 3 red onions, 2½ finely sliced, ½ finely chopped
- 300g frozen sweetcorn
- 500g carton passata
- 30g sachet fajita spice
- pinch of sugar
- 400g tin kidney beans, drained and rinsed
- 8-pack wholemeal tortillas
- 250g pack cherry tomatoes, quartered
- 1 lime, zested and juiced
- ½ chilli, finely chopped (optional)
- 15g coriander, finely chopped

- Heat the oil in a large frying pan over a medium-high heat and fry the peppers and onions for 6-8 mins. Stir in the sweetcorn and cook for another 3-4 mins until softened.

- Tip the passata into a small pan and add 1 tsp spice mix and a pinch of sugar. Simmer over a medium heat for 3-4 mins until reduced slightly, then pour ⅓ of the sauce into a large casserole or baking dish and spread out.

- Stir the remaining spice mix into the veg and add the kidney beans and 2 tbsp water. Stir to coat and heat for 2 mins to warm through. Remove from the heat.

- Preheat the oven to gas 6, 200°C, fan 180°C. Divide the veg filling between the tortillas and roll up into thick cigars. Arrange in a single layer over the sauce. Pour the remaining sauce over the centre, smoothing out to the sides but leaving a few edges exposed. Bake for 15-20 mins until the sauce is bubbling.

- Meanwhile, toss the tomatoes, lime juice and zest, chilli (if using) and coriander in a small bowl; season with black pepper. Serve the enchiladas with the tomato salsa alongside or scattered over the top.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2691kJ 642kcal	17g	4g	21g	2.7g
32%	24%	22%	23%	44%

of the reference intake. See page 6.  
Carbohydrate 88g Protein 22g Fibre 22g

*This was everyone's favourite! It was easy and quick, and leftovers microwaved really well.*







Cover  
recipe

### MUSHROOM, SQUASH & BARLEY PIE

Serves 4

Takes 45 mins

- 2 tbsp olive oil
- 1 large or 2 small red onions, finely diced
- 300g closed-cup mushrooms, sliced
- 1 garlic clove, crushed
- 2 tbsp plain flour
- 150g pearl barley
- 1 vegetable stock cube, made up to 1ltr
- 100g soft cheese
- 250g diced frozen squash
- ½ Savoy cabbage, cored and shredded
- 15g fresh parsley, chopped
- 6 sheets filo pastry
- 1 broccoli head, cut into florets

Freeze assembled, unbaked pies. Defrost, then bake as per step 3.

- 1 Heat 1 tbsp oil in an ovenproof, shallow casserole dish or a deep frying pan over a medium heat and fry the onions and mushrooms for 6-8 mins until soft. Add the garlic, fry for 1 min, then add the flour. Mix until the flour disappears.
- 2 Preheat the oven to gas 6, 200°C, fan 180°C. Stir the barley into the casserole dish, then add the stock. Boil over a high heat for 20 mins, stirring regularly, until the barley is turning tender and the sauce is thickening (add 100ml water if the water evaporates before the barley is tender, otherwise it will start to stick). Stir in the cheese, squash, cabbage and parsley. Simmer for about 5 mins until thickened again. Remove from the heat.
- 3 If your pan isn't ovenproof, transfer to a pie dish. Scrunch up the filo sheets and add them to the top of the pie – you don't need to layer them, just make sure there are lots of folds and peaks. Brush the top of the pastry with the remaining 1 tbsp oil, then bake for 15-20 mins until golden.
- 4 While the pie is cooking, boil the broccoli florets for 4-6 mins until tender; drain well. Serve alongside the pie.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2114kJ 504kcal	16g	5g	11g	1.4g
25%	22%	25%	12%	23%

of the reference intake. See page 6.  
Carbohydrate 68g Protein 16g Fibre 14g  
2 of your 5-a-day; low fat; low salt

### MICROWAVE PEARL BARLEY RISOTTO

Serves 4

Takes 35 mins

Don't have a microwave?

Cook on the hob for 30-40 mins, covered, adding more water as needed until the barley is tender. Stir in the cabbage and cook for another 5-8 mins.

- 350g pearl barley
- 400g tin chopped tomatoes

- 1 vegetable stock pot, made up to 500ml
- 3 garlic cloves, 2

- crushed, 1 chopped
- ½ Savoy cabbage, core

- discarded, shredded
- 15g fresh parsley, finely

- chopped
- 1 lemon, zested

1 Put the barley, tomatoes, stock and crushed garlic in a large microwaveable bowl. Mix well. Cover with clingfilm or a microwave-safe lid, then microwave on high\* for 10 mins, stirring halfway through (being careful of the steam escaping). Leave to rest for 2 mins.

2 Once rested, stir in the cabbage and 50-100ml more water if all the liquid has been absorbed. Cover again and microwave for 5 mins until the barley is tender, the greens have softened and most of the liquid has been absorbed. Leave to rest for 5 mins, uncovered if there's some water still in the bowl, or covered if it's all been absorbed.

3 Meanwhile, mix the parsley, lemon zest and chopped garlic in a bowl. Season with black pepper, then scatter over the risotto.

Each serving contains


Energy	Fat	Saturates	Sugars	Salt
1659kJ 393kcal	2g	1g	7g	1g
20%	3%	3%	8%	17%

of the reference intake. See page 6.  
Carbohydrate 75g Protein 10g Fibre 16g  
1 of your 5-a-day; low fat; low salt





**CRISPY NEW  
POTATO, PEPPER &  
FETA TRAYBAKE**

Serves 4 

Takes 35 mins

- 567g tin new potatoes, drained
- 1 tbsp plain flour
- 4 tbsp olive oil
- 2 mixed peppers, sliced
- 250g pack cherry tomatoes
- 2½ small red onions, 2 cut into slim wedges, ½ finely sliced
- 2-pack part-baked baguettes
- ½ lemon, juiced
- ½ tsp sugar
- ½ iceberg lettuce, shredded
- 400g tin butter beans, drained and rinsed
- 200g salad cheese
- 10g fresh coriander, roughly chopped

- 1 Preheat the oven to gas 7, 220°C, fan 200°C. Pat the potatoes with kitchen paper and tip into a bowl. Sprinkle over the flour, toss to coat, then transfer to a baking tray or shallow roasting tin (about 40 x 30cm). Season, drizzle over 2 tbsp oil and roast for 10 mins until turning crisp and lightly golden.
- 2 Add the peppers, tomatoes and onion wedges to the tray and toss well in the leftover oil. Roast for 15 mins until the veg is tender.
- 3 Put the baguettes on a baking sheet and cook to pack instructions underneath the traybake. Whisk the lemon juice, sugar and 2 tbsp oil in a large bowl; season. Toss in the lettuce and sliced onions, then mix to coat.
- 4 Stir the beans through the traybake, crumble over the cheese, then cook for another 5 mins until the cheese is just picking up some golden-brown tinges and everything is piping hot. Scatter with the coriander to serve, alongside the salad and crusty bread.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2596kJ 620kcal	25g	8g	13g	2.1g
31%	35%	38%	14%	34%

of the reference intake. See page 6.  
Carbohydrate 73g Protein 21g Fibre 10g

5

*The dressing was lovely - next time I'd add black olives too*

**SHOPPING LIST**

- 1 lime
- 1 lemon
- 30g pack fresh coriander
- 30g pack fresh flat-leaf parsley
- 1 garlic bulb
- 20g fresh ginger
- 60g pack red chillies
- 100g bunch spring onions
- 1 iceberg lettuce
- 1kg pack Nightingale Farms red onions
- 600g pack Nightingale Farms mixed peppers
- 2 x 250g packs Nightingale Farms cherry tomatoes
- 375g pack broccoli
- 1 Savoy cabbage
- 300g pack closed-cup mushrooms
- 200g pack Creamfields soft cheese
- 200g pack Creamfields salad cheese
- 250g pack filo pastry
- 6-pack medium free-range eggs
- 2-pack H.W. Nevill's part-baked baguettes
- 8-pack H.W. Nevill's wholemeal tortilla wraps
- 30g sachet fajita seasoning
- 150ml bottle reduced-salt soy sauce
- 500g carton Grower's Harvest tomato passata
- 400g tin Grower's Harvest tinned tomatoes
- 400g tin Grower's Harvest kidney beans
- 400g tin butter beans
- 567g tin Grower's Harvest new potatoes
- 500g pack pearl barley
- 250g pack medium egg noodles
- 907g pack Grower's Harvest frozen sweetcorn
- 500g pack frozen butternut squash chunks

**+ FROM YOUR  
STORECUPBOARD**

- Vegetable stock cubes,
- vegetable stock pot, olive oil,
- white sugar, plain flour

**GIVE ME MORE!**

Scan this QR code to find more meal plans for £25.








# Good morning

Start the day brilliantly with these easy plant-based ideas

## VEGAN BLUEBERRY PANCAKES

Serves 4 (12 pancakes)   

Takes 25 mins

Mix 300ml **whole Alpro This Is Not M\*lk** with ½ tsp **cider vinegar** and 1½ tsp **vanilla extract** in a jug. In a bowl mix 200g **self-raising flour**, 1 tsp **baking powder**, ½ tsp **bicarbonate of soda** and 2 tbsp **caster sugar** with a pinch of salt. Slowly whisk the Alpro mix into the dry ingredients to make a thick, smooth batter. Heat 1 tsp **vegetable oil** in a large, nonstick pan over a low-medium heat; swirl to coat. Working in batches, spoon batter into the pan, about 1½ tbsp per

pancake. Cook for 2-3 mins until bubbles appear. Flip and cook for another 1-2 mins or until golden. Transfer to a plate and cover with foil to keep warm while you make the rest. Top with **maple syrup** and a 150g pack **blueberries**.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1211kJ 286kcal	4g	1g	14g	1.1g
14%	6%	3%	16%	19%

of the reference intake. See page 6.  
Carbohydrate 55g Protein 6g Fibre 3g



**Alpro This Is Not M\*lk Whole Oat Drink 1ltr, £1.90.** Rich and creamy; ideal in teas and coffees and on breakfast cereal.

## CREAMY OAT 'LATTE'

Gently heat **JÖRD Nordic Oat Drink** in a saucepan, whisking vigorously to froth up. Add instant coffee with a splash of hot water to a latte mug and stir to dissolve. Pour the frothy oat drink over to serve.



**JÖRD Nordic Oat Drink 1ltr, £1.90.** Organic, with all natural ingredients. Also available in vanilla flavour.

## SIP ON THE SIDE

Enjoy a **Benecol Dairy-Free Tropical Fruits Drink 6 x 65.5g, £3.95** (£1/100g), with breakfast.

The soya drink's unique plant stanols can lower cholesterol by 7-10% in two to three weeks\*. Each also has vitamin B1, shown to help normal heart function.





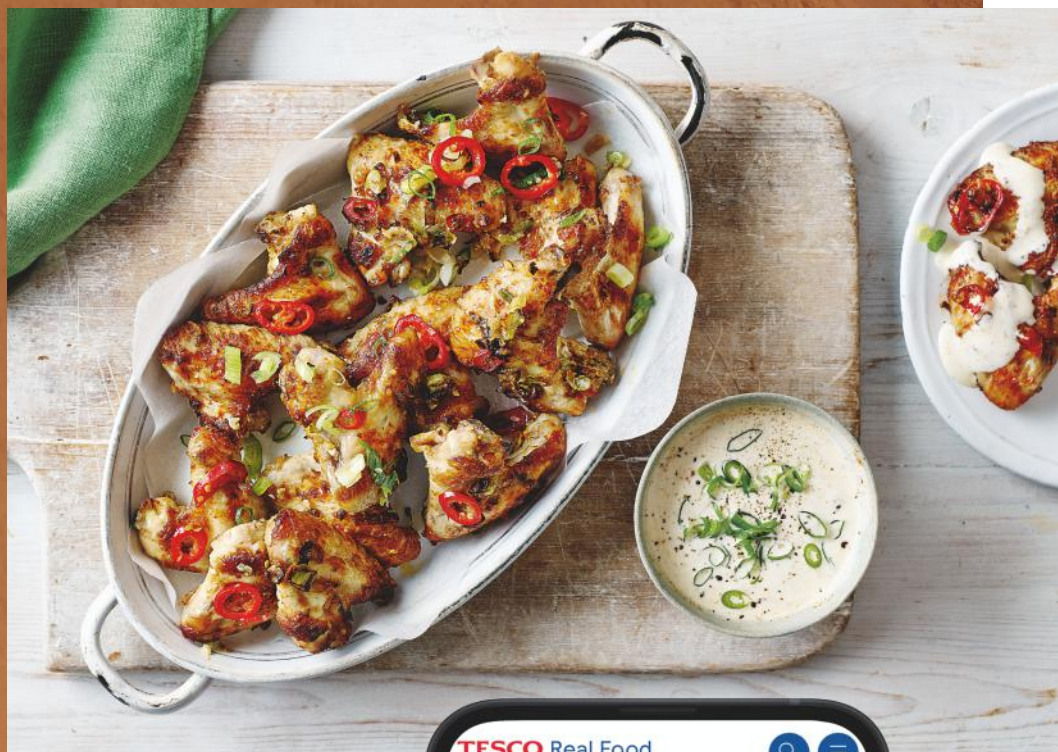
# Energy-efficient cooking

Explore all our low-energy recipes at [tesco.co/lowenergy](https://tesco.co/lowenergy)

**Save money on gas and electricity bills by finding lower-energy ways to cook.** On the Tesco Real Food website you'll find recipes that use an air-fryer, microwave or even just a kettle, as well as simple dishes that require no cooking at all.

## AIR-FRYER DINNERS

These tender and juicy Crispy salt & pepper chicken wings cook in just 20 mins.



## KETTLE-COOKED DISHES

Stand aside, Pot Noodle!

## MICROWAVE MEALS

From tagines to lasagne, ready in a ping.

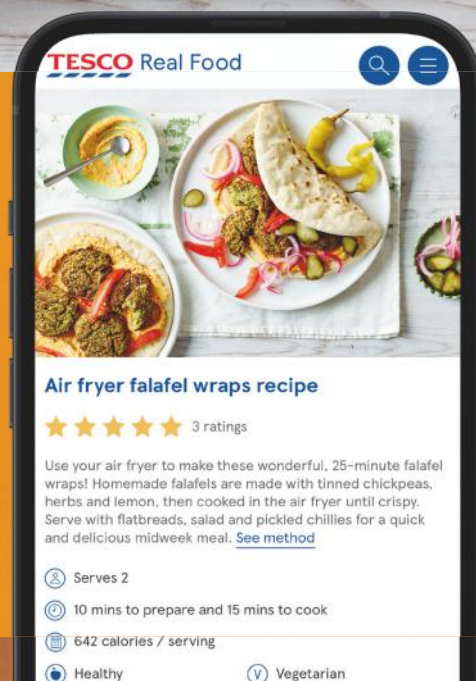
## NO-COOK RECIPES

Onion bhaji burgers - no oven required.

Head to  
**Tesco Real Food**  
for our best  
low-energy  
recipes



Scan here or visit  
[tesco.co/lowenergy](https://tesco.co/lowenergy)





# Love it

or your money back<sup>1</sup>



## Butter lovers love it<sup>2</sup>



1. Internet access, receipt upload & purchase required. Max refund £2.00 for 250g and £3.60 for 450g. 1 claim per product per household. UK 18+. Promotional purchase period 29.12.2022 to 2.2.2023. Retain original purchase receipt. Exclusions apply. Full T&Cs at [flora.com/plantloveit](https://flora.com/plantloveit) 2. Independent blind taste test with 300 respondents (Aug 2020). See [flora.com/butterloversloveit](https://flora.com/butterloversloveit)

Clubcard price valid 01.01.2023-31.01.2023

Clubcard/app required. While stocks last. Available in the majority of stores.

Available at **TESCO**



## SWEDE

A BUTTERY ROOT VEGETABLE THAT'S Milder than turnip

**STORE** in a cool, dark place.

**PREP** Peel before cooking.

**EAT** Swap into recipes where you'd use potato, such as mash and gratin.

## PARSNIPS

A CREAMY WHITE ROOT WITH A STRONG, SWEET FLAVOUR

**STORE** in a perforated bag in the fridge.

**PREP** Scrub well; there's no need to peel.

**EAT** Roast to bring out their earthy flavour, or use as a natural sweetener in cakes and bakes.

## CELERIAC

A KNOBBLY WINTER VEG THAT HAS A DELICATE NUTTY TASTE

**STORE** in the fridge until ready to use.

**PREP** Peel, but bear in mind celeriac discolours quickly so cover with cold water and a little lemon juice after.

**EAT** Roast, bake, boil or even grate (raw) into salads and slaws.

# FIELD TO FORK

Make the most of the winter produce that's at its best in store right now with our clever recipes and leftovers tips



### Taste the care

Look for this quality seal on the most cared-for products at Tesco. All the hero ingredients in this feature carry the Quality Seal mark, along with hundreds more expertly selected products in store and online.





## PORK & SWEDE STIR-FRY

Serves 2 **DF**

Takes 25 mins

Cost per serve £2.62



Prepping the swede with a peeler keeps things speedy and also adds texture.

1 tbsp reduced-salt soy sauce  
5cm piece ginger, grated  
2 garlic cloves, grated  
1 tsp sesame oil  
1 red chilli, deseeded and finely chopped  
15g fresh coriander, roughly chopped  
270g pack pork loin steaks  
½ small swede, peeled  
½ tbsp vegetable oil  
150g pack mangetout  
250g pack microwave long-grain rice  
2 spring onions, shredded

1 Mix the soy sauce, ginger, garlic, sesame oil and most of the chilli and coriander in a bowl. Add the pork and turn to coat; set aside.

2 Peel the swede into thin ribbons using a vegetable peeler. Heat the oil in a large wok and cook the pork and any remaining marinade to pack instructions. Transfer to a board, then put the swede and mangetout in the pan and fry over a medium heat for 2 mins. Slice the pork and return to the pan for 1 min.

3 Heat the rice to pack instructions; mix with the spring onions and spoon into bowls. Top with the pork mix, reserved coriander and chilli to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2640kJ 632kcal	30g	9g	15g	1.2g
6%	42%	44%	16%	19%

of the reference intake. See page 6.  
Carbohydrate 51g Protein 35g Fibre 9g





# SWEDE

*Meet the grower*



R&K Drysdale Ltd, based in east central Scotland, have been growing swede since 1968. They told us:

'Swedes are extremely hardy and do well in cool, damp climates. Our gently rolling fields are ideally located to give a constant supply of moisture and long days of sunlight, so the swedes can develop their balance of sweet, nutty, tart and buttery flavours before they are carefully harvested.'

*It is said  
swedes taste  
even better  
and a little  
sweeter after  
the first frost*

## HAGGIS & NEEP PARCELS

Makes 24 ❄️

Takes 1 hr

Cost per serve 16p

Swede, or 'neeps', is traditionally served with haggis and tatties (potatoes) in Scotland. Our recipe transforms them into tasty snacks, perfect for Burns Night!

❄️ Freeze once baked; reheat in the oven from frozen.

½ swede, peeled and diced (or 450g leftover mashed swede)  
300g haggis  
6 sheets filo pastry (from a 250g pack)  
25g unsalted butter, melted  
150ml double cream  
1 tbsp wholegrain mustard  
1 tbsp whisky (optional)

1 Put the swede in a pan, cover with cold water and boil for 12-15 mins until tender; drain and steam-dry for a few mins. Meanwhile, microwave the haggis to pack instructions; allow to cool.

2 Transfer the swede to a bowl, roughly mash (keeping some texture), then stir in the haggis. Season with black pepper.

3 Preheat the oven to gas 4, 180°C, fan 160°C. Lay a sheet of pastry on a flat surface, keeping the rest under a damp tea towel. Cut the sheet into 4 long strips. Working with a shorter side nearest you, place 1 heaped tbsp of filling in the bottom left-hand corner of the first strip and fold over into a triangle. Continue to fold over in a triangle shape

until you reach the end of the strip. Place on a lined baking tray, brush with the melted butter and repeat with the remaining filo and haggis mix to make 24 parcels. Bake for 20-25 mins until golden.

4 Meanwhile, bring the cream to a simmer in a small saucepan, season and mix in the mustard and whisky (if using). Once thickened slightly, transfer to a small bowl and serve with the parcels for dipping.

Each parcel contains

Energy	Fat	Saturates	Sugars	Salt
385kJ 93kcal	6g	3g	2g	0.3g
5%	9%	17%	2%	5%

of the reference intake. See page 6.  
Carbohydrate 7g Protein 2g Fibre 2g

## MORE IDEAS TO TRY

**CARROT & SWEDE MASH** Simmer 500g sliced carrots and 1 peeled, cubed swede for 30 mins. Mash 50g soft butter with 10g chopped fresh thyme leaves and the zest of ½ lemon. Blitz the veg until smooth, then stir in the butter.

**ROAST SWEDE WITH HAZELNUTS** Cut 1 large, peeled swede into chunks; toss with 2 tbsp olive oil in a baking tray. Add 3 garlic cloves and 1 tbsp chopped thyme leaves. Roast at gas 7, 220°C, fan 200°C for 30 mins. Stir in 2 tbsp clear honey and 2 tbsp chopped, blanched hazelnuts. Roast for 10 mins until golden.

## GIVE ME MORE!

Scan the QR code for the full recipes.





# CELERIAC

*Meet the grower*



Lincolnshire-based Jack Buck Farms has grown celeriac for over 30 years. MD Julian Perowne said: 'We plant our celeriac in some of the best silt in the country and it likes to grow in plenty of water. Don't judge celeriac by its rough, knobbly surface and odd shape - it's what's inside that counts!'

*Celeriac is aromatic with a celery-like flavour. After harvesting, it's trimmed by hand*

## MORE IDEAS TO TRY

### CELERIAC & APPLE

**REMOULADE** Cut a large, peeled celeriac and 2 cored red apples into matchsticks; put in a bowl with the juice of 1 large lemon. Mix 100g light mayonnaise, 50g light crème fraîche, 2 tbsp wholegrain mustard, 2 tbsp capers and 15g chopped fresh dill and add to the bowl. Season with pepper. Find the full recipe at [tesco.co/applereoulade](https://tesco.co/applereoulade).

## MUTTAR PANEER COTTAGE PIE

Serves 6

Takes 1 hr 15 mins

Cost per serve £1.10

1 celeriac, peeled and cut into 2-3cm cubes  
1 tbsp unsalted butter  
1 tsp ground turmeric  
50g cashews, toasted and finely chopped  
½ lime, juiced  
15g fresh coriander, roughly chopped  
1 tbsp vegetable oil  
200g pack paneer, cut into 2cm cubes  
1 large onion, finely chopped  
2 garlic cloves, crushed  
1 tbsp ground cumin  
2 tsp garam masala  
½ tsp hot chilli powder  
2 x 400g tins chopped tomatoes  
320g frozen peas  
125g baby spinach

1 Put the celeriac in a pan of cold water; boil for 15 mins until tender. Drain well, then steam-dry for a few mins. Mix the butter and turmeric, then mash lightly into the celeriac, keeping some texture throughout. Season well and set aside.

2 Meanwhile, mix the cashews with the lime juice and most of the coriander; set aside. Preheat the oven to gas 5, 190°C, fan 170°C.

3 Heat the oil in a large nonstick pan and fry the paneer on all sides for 4-5 mins until golden. Transfer to a plate, then add the onion to the pan and cook for 8-10 mins until soft and translucent. Stir in the garlic and spices, then return the paneer to the pan along with the tomatoes and remaining coriander; stir well. Add half a tomato tin's worth of water, then bring to a

gentle simmer. Stir in the peas and spinach; cook for 3-4 mins until the spinach has wilted.

4 Spoon the paneer mix into an oven dish, then top with the mashed celeriac. Bake for 25-30 mins until golden and bubbling. Serve topped with the coriander-cashew salsa.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1296kJ 311kcal	16g	6g	14g	0.8g
16%	23%	31%	16%	13%


of the reference intake. See page 6.  
Carbohydrate 22g Protein 15g Fibre 8g

**£1.10**  
per serve




# PARSNIP

## BEEF STEW WITH PARSNIP DUMPLINGS

Serves 4  freeze stew  
without the dumplings

Takes 2 hrs 30 mins

Cost per serve £1.78

 For a veggie version, start at step 2. Add vegetable stock plus a tin each of butter beans and chickpeas, then simmer over a medium heat until thickened. Continue from step 4.

1 tbsp olive oil  
400g pack diced beef  
1 red onion, roughly chopped  
2 carrots, roughly chopped  
2 celery sticks, roughly chopped  
2 tsp ground cumin  
1 tsp ground turmeric  
1 tsp ground coriander  
100g self-raising flour, plus 1 tbsp  
1 beef stock cube, made up to 600ml  
300g parsnips, roughly chopped  
300g potatoes, peeled and roughly chopped  
5g fresh parsley, finely chopped  
5g fresh rosemary, leaves finely chopped  
100g mature Cheddar, grated  
400g tin butter beans, steamed green beans, to serve (optional)

1 Heat the oil in a flameproof casserole dish over a medium heat and sear the beef all over for 8-10 mins to brown. Remove with a slotted spoon; set aside.  
2 Add the onion, carrots and celery to the pan and cook for 6-8 mins over a medium heat until golden. Stir in the spices and 1 tbsp flour; season. Cook for 1 min.  
3 Add the beef back in with the stock. Bring to the boil, then cover, reduce to low and simmer gently for 1 hr 30 mins.  
4 Meanwhile, put the parsnips and potatoes in a saucepan and cover with cold water. Boil for 10-12 mins until tender. Drain well, steam-dry for a few mins, then mash well with the herbs, 100g flour and

75g grated cheese. Leave to chill while the stew cooks.

5 Remove the stew from the heat. Drain the butter beans and stir into the stew. With slightly wet hands, shape the parsnip mix into 20 golf-ball-sized dumplings and place on top of the stew. Sprinkle over the remaining cheese, cover and cook over a low-medium heat for 15 mins. Grill on high for 3-5 mins until the cheese is golden. Serve with green beans, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2928kJ 697kcal	22g	10g	12g	2.1g
35%	31%	48%	13%	36%

of the reference intake. See page 6.  
Carbohydrate 77g Protein 41g Fibre 14g

*Make a change with sweet, earthy parsnips*



# MAYBE THE BEST MAYO EVER.



*No yolk, just try it.*





# CLEVER COOK'S GUIDE

We've tried all the tricks, tested the hacks and tasted the recipes. Now here's our expert edit: a bumper guide to save you money, time and energy right now

## INSIDE

Finally! How to use your microwave properly, p34

Save around £425 a year\* with these low-energy hacks, p37

Fill your freezer with genius no-oven, batch-cook dishes, p44

Money-saving leftovers ideas you'll love, p54

*Lots of you have been in touch asking for low-energy recipes, so we've packed this section with new ones to try. Enjoy!*

Elli Donajgrodzki, senior food editor, *Tesco* magazine

## GIVE ME MORE!

Scan this QR code to find more low-energy recipes.



*Microwaves in 15 minutes*

## Why not try...

### MICROWAVE RED LENTIL DHAL

Serves 1 Takes 15 mins Cost per serve 53p

Rinse 50g **red lentils** in a colander until the water runs clear. Transfer to a microwave-safe bowl with a 227g tin **chopped tomatoes**, 2 tsp **tikka curry paste** and 200ml water. Cover with a plate, reusable top or clingfilm. Cook on high (750W) for 10 mins, then stir, re-cover and microwave for 5 mins more; stir and season. Spoon into a bowl; top with **natural yogurt**. Sprinkle over **crispy onions** and **coriander**, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1016kJ 241kcal	2g	1g	11g	0.4g
12%	3%	4%	12%	6%

of the reference intake. See page 6.  
Carbohydrate 34g Protein 16g Fibre 11g  
2 of your 5-a-day, high in protein and fibre





## Energy-saving advice

# Microwave magic

A huge 95% of UK households own a microwave.  
Do you know how to make the most of yours?

### MICROWAVE 101

#### **Q** DOES THE CONTAINER I USE REALLY MATTER?

Yes! Round glass or ceramic dishes are the best choices, as they distribute heat better. Never put metal (including kitchen foil) in the microwave – it doesn't allow the microwave's heat to pass through it, which will ultimately cause a fire and could break your appliance too.

#### **Q** SO I CAN'T JUST USE MY OLD PLASTIC TAKEAWAY CONTAINERS?

Ideally, no – they're not made to withstand the high temperature of microwaving. Always make sure the container is microwave safe.

#### **Q** WHY DO INSTRUCTIONS CALL FOR MICROWAVING IN SHORT BURSTS AND STIRRING IN BETWEEN?

Microwaves heat food from the outside in, so stirring between bursts prevents you ending up with food that's

overcooked on the outside but cold in the middle. Stirring also allows steam to escape for more even cooking, which is important for soups or pasta sauces that will bubble up and make a big mess if heated unevenly.

#### **Q** IS IT SAFE TO DEFROST RAW MEAT AND FISH IN THE MICROWAVE?

Yes, but it's important not to defrost too much at a time (whole birds are a hard no), to make sure it thaws evenly. Once defrosted, it's essential you use the meat or fish straightaway.

#### **Q** SO CAN I COOK RAW MEAT IN THE MICROWAVE? WHAT ABOUT COOKING A STEAK?

You can! Just cover the meat during cooking to prevent it from drying out, and turn it regularly so it cooks evenly. Just remember that it won't sear and brown in the same way as it does when cooking on the hob or under the grill.



### MYTH BUSTER TRUE or FALSE

#### **FALSE** MICROWAVES DESTROY NUTRIENTS

The only time this happens is if food is overcooked, which can happen with any cooking method. Microwaving food can actually preserve more nutrients than other cooking methods (boiling in particular), as they heat food so quickly\*.

#### **FALSE** MICROWAVES CAUSE ILLNESS

Microwaves don't make food 'radioactive', and there's no link between using a microwave and an increased risk of cancer or cataracts\* – they are electromagnetic, not radioactive. Although microwaves use thermal radiation to heat food, they are entirely sealed and cannot be operated with the door open.

#### **TRUE** IT'S UNSAFE TO MICROWAVE HEAT PACKS, SUCH AS WHEAT BAGS\*

Manufacturers of wheat bags and 'hotties' have no legal obligation to conform to any safety standards. Many microwave brands advise against using them, and doing so can void the warranty.

### KNOW WHAT'S WATT

Many recipe timings are based on a 750-watt microwave, so check if yours is different – if it's more powerful you may need to reduce the cooking time, and vice-versa. It's worth reading the manual for your microwave too – if you no longer have it, you should be able to find it online by searching the name of the model.



600W



750W



900W



# 10-MINUTE MEAL

Microwave poached eggs  
with soy-butter mushrooms

**1** Microwave 125g sliced chestnut mushrooms, covered, for 2 mins on high, then stir in 10g unsalted butter, 1 tsp soy sauce and 50g baby spinach and cook for a further 2 mins.

**2** Crack 1 medium egg into a microwaveable mug with 5 tbsp water. Prick the yolk, cover and microwave on high for 1 min for a soft yolk.

**3** Arrange the mushrooms and spinach on a slice of toasted sourdough and top with the egg to serve.

## PERFECTLY POACHED EGGS

**1** It's very important to prick the egg yolk before poaching, or the yolk may explode!

**2** Make sure the mug's not too thick-sided, or the egg will take longer to cook.

**3** If you like your eggs more well-done, continue to cook for 20 secs.

**4** The timings above cover a 750W microwave. It will differ in other wattage ovens.

### GIVE ME MORE!

Scan this QR code to find the full recipe for this dish.



## DOS AND DON'TS

### DO USE IT FOR...



#### ✓ Mashed potatoes

Prick potatoes all over with a fork, then cook for 8-10 mins, turning halfway. Peel off the skin, then mash.



#### ✓ Steaming vegetables

Cut into even-sized pieces. Put in a microwave-safe container, add 2 tbsp water, cover and cook until tender. Different veg will take different times.



#### ✓ Cakes

Single-serve microwave cakes are a great way to quickly satisfy a craving. Find recipes at [tes.co/microwavemug](https://tes.co/microwavemug).

### DON'T USE IT FOR...

#### ✗ Boiling an egg

As it cooks, there's nowhere for the steam to escape, so you'll end up with an exploded egg and a messy oven.

#### ✗ Reheating tea or coffee

The liquid's structure means it can end up superheating and erupting violently when moved.

#### ✗ 'Roasting' garlic

Some people have had success here, but it's more likely to burst into flames, so is much safer to avoid.



# POACHED COD FILLET IN IL CASOLARE EXTRA VIRGIN OLIVE OIL



*Il Casolare®*

By Francesco Mazzei

Il Casolare, the original unfiltered and cold extracted Extra Virgin olive oil created with passion by the Farchioni Family - an authentic Italian farming family. A good olive oil for everyone, since 1780.



Acclaimed Italian chef, Francesco Mazzei, born and raised in Calabria, with a passion for authentic Italian food.

**SCAN FOR THE  
FULL RECIPE**



@farchioni1780uk





# 35 WAYS TO SAVE

Our edit of very doable, tried-and-tested, money-saving hacks from the experts – and you!

**A**s the cost of living started to bite, your letters and emails ran along a similar theme: How can I cook and eat well on a budget? How can I really save energy in the kitchen and around the home? And what exactly is an air-fryer? So we've gathered all the best advice to bring you a bumper, energy-reducing and all-round money-saving special in what is one of the toughest months of the year, weather- and finances-wise. We've also featured lots of your brilliant tips, so thank you – and please keep them coming (you can email us at [tesco.mag@cedarcom.co.uk](mailto:tesco.mag@cedarcom.co.uk))!



## 1 COME OFF THE BOIL

Did you know you don't have to cook pasta in boiling water for the full time on the pack?

- Boil pasta, covered, for 2 mins, then stir well
- Turn off the heat and re-cover
- Let the pasta cook in the residual heat for the normal specified cooking time. Check to see if it's cooked to your liking, leaving for a few mins more if you like







## 2 Try low-cook lunches

### SPICY MACKEREL COUSCOUS BOWL

Serves 2 Takes 20 mins

Cost per serve £1.52

Put 50g **couscous** and the zest and half the juice from 1 **lemon** in a heatproof bowl and add 200ml boiling **vegetable stock**. Stir well, cover and set aside for 15 mins. Fluff up with a fork. Chop a 30g pack fresh **parsley** and toss half into the couscous. Meanwhile, put 1 tbsp extra-virgin olive oil in a small jug with 1 tsp **Dijon mustard** and the remaining lemon juice; mix well. Add half the remaining chopped parsley and mix again. Mix ¼ halved and sliced **cucumber** with

1 sliced **celery** stick, 75g **sugarsnap peas**, 8 halved **cherry tomatoes**, 50g sliced **radishes** and 160g tinned **sweetcorn**, drained. Mix into the couscous, then drizzle over the lemon and parsley dressing and season with black pepper. Put 1 x 125g tin **mackerel in spicy tomato sauce** in a bowl and lightly flake with a fork. Stir into the couscous, scatter with the remaining chopped parsley and divide between 2 lunchboxes or bowls, or cover and chill for up to 24 hrs.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1705kJ 408kcal	18g	4g	15g	2.3g
20%	26%	22%	17%	39%

of the reference intake. See page 6.  
Carbohydrate 39g Protein 18g Fibre 7g

## 3 DO MORE WITH YOUR MICROWAVE

Not just for reheating leftovers, this kitchen staple appliance can cook more or less anything, plus it's super-affordable to run. A 1,000-watt (large) microwave uses 1kW per hour, which costs around 34p but, as it tends to be used in short bursts, it works out to be a very economical cooking method.

Get the lowdown on microwave cooking on p34.

## More low-cook lunch ideas...

### 4 RETHINK BEANS ON TOAST

Run out of baked beans? You can still make a comforting classic. Try softening onion and garlic in oil, then add a tin of drained chickpeas, cannellini beans or butter beans. Add tinned chopped tomatoes and any dried herbs or spices you fancy – smoked paprika and oregano work well. Cook until rich and saucy, then pile onto toast. Top with a poached egg, if you like. You can even make a batch of this – it works great on baked potatoes too.

### 5 UPGRADE SOUP

Tinned soup is a nourishing, affordable staple, but it can feel a little bland. Spice it up with toppings – try a sprinkling of cheese on tomato soup, homemade crispy croutons (made with stale bread) on leek and potato, or a handful of mixed seeds on a root vegetable option.

### 6 CANNY COOKING

Build-a-bowl lunches made up of storecupboard and leftover ingredients are cheap and filling. Our Spicy mackerel couscous bowl (left) is a great start, but you can create others by mixing protein (try tinned fish, or leftover cooked meat or tofu), tinned pulses and any fresh salad veg or herbs you have. Dress with olive oil and vinegar or citrus juice.



# 7 HACK YOUR HOME LIKE AN ENERGY EXPERT



**JOANNA O'LOAN**  
Knowledge manager,  
Energy Saving Trust

Joanna reveals the best ways to save energy around your home. Some of these might surprise you...

*DIY draught-proofing is my top tip for saving on your heating bills this winter. For a small cost and a little time, you can have a much warmer home without turning up the heating*

## CHECK OUT THESE DIY TIPS

You've probably blocked the gaps around your front door already, but there are more draught-proofing ways to save cash.

**8 VENTILATION** Be careful not to block up intentional ventilation airbricks or vents. They are there to ensure your home gets fresh air and to help prevent mould.

**9 FLOORBOARDS** You can seal gaps between floors and skirting boards to reduce draughts with sealant bought from a DIY store. These are usually silicone-based and could be a flexible filler, decorator's caulk or a mastic joint sealant.

**10 WINDOWS** If you have single-glazed windows, a thin film stuck to the frame may provide some improvement at low cost but is unlikely to last long. Consider spending a little more on DIY kits that use polycarbonate or acrylic sheets and magnetic or clip-fit mounting systems. These can make a substantial difference and can be removed and replaced as required. Heavy, lined curtains will also help to cut draughts and keep your heat in for longer.

**11 HOT WATER PIPES** Insulate exposed pipes between your hot water cylinder and boiler. It's simple to fit insulation with the correct size foam tube from a DIY store.

**12 CHIMNEY** A draught excluder can easily be fitted inside the chimney. Inflatable versions start at around £20, or opt for one sized specifically for your chimney. Some designs are removable, so you can still light your fire when you want to.

**13 Shower power** Swap one bath a week for a four-minute shower and save on average £20 a year\*.

**14 Slow the flow** Try fitting a water-efficient showerhead – a family could save around £45 off gas bills and £25 off water bills if they have a water meter\*.



## Find ways to...

# SAVE MONEY

15  
**£125**  
DRAUGHT-PROOF GAPS\*\* (see our DIY tips, left)

16  
**£95**  
KEEP TO A 4-MINUTE SHOWER  
Get a free shower timer from [savewatersavemoney.co.uk](http://savewatersavemoney.co.uk)\*\*\*

17  
**£70**  
INSULATE YOUR HOT WATER CYLINDER

18  
**£70**  
AVOID USING THE TUMBLE DRYER

19  
**£65**  
SWITCH OFF APPLIANCES FROM STANDBY

• Find more tips at [energysavingtrust.org.uk](http://energysavingtrust.org.uk)





## 20 POP THE KETTLE ON

The kettle can be so much more than an essential for your morning cuppa. It costs about six pence of electricity to boil a full 2ltr kettle. Here's how to make the most of its energy-saving power to save cash in the kitchen...

## 21 GIVE INSTANT NOODLES A

**MAKEOVER** Try the 'Kewpie mayo ramen hack': In a heatproof bowl or mug, beat 1 egg with 1 tbsp mayonnaise (any you have, it doesn't have to be Kewpie) and 1 tsp crushed garlic. Stir in the seasoning from a pack of instant noodles. Cover the noodles with boiling water (to pack instructions) and leave to soften. Pour half the noodle water into the egg mayo mix. Stir well. Add the remaining water and the noodles and stir to make an instant noodle broth that's silky and comforting.

## 22 COOK WITH YOUR KETTLE

Couscous can be 'cooked' by just being soaked in boiling water. Try our Spicy mackerel couscous bowl (p38), or use to bulk out a simple spiced vegetable soup. Other ways to use boiling water include pouring it over fresh spinach leaves in a colander to wilt. Or soak sliced raw onion in boiling water to 'temper' it and reduce its strong flavour – ideal for salads.

## 23 MAKE MISO SOUP

Put 2 tsp miso paste and 1 tsp each soy sauce and sesame oil in a mug or heatproof bowl and top up with boiling water. Stir well, then leave to stand for 2 mins. Add cubes of silken tofu, shredded spring onion and coriander leaves to serve.

## 25 TRY COOKING... IN A SLOW-COOKER



*Costs about 12p in energy in a slow-cooker*

**24 Understand electricity costs** You can work out the rough running cost of an appliance by finding its wattage and using the calculation that you pay around 34p per kilowatt per hour (a kilowatt (kW) is 1,000W). For more, visit the Centre for Sustainable Energy website ([cse.org.uk](http://cse.org.uk)).



## SLOW-COOKER FRENCH ONION SOUP

Serves 4 \*

Takes 4 hrs

Cost per serve 84p

Keep in an airtight container in the fridge for up to 3 days, or freeze for up to 1 month.

Make this vegetarian by swapping in vegetable stock and using 1-2 tbsp soy sauce instead of Worcestershire sauce.

Preheat a 1.25ltr (or larger) slow-cooker for 5 mins. Add 800g thinly sliced **onions**, 50g **unsalted butter**, 2 tbsp **caster sugar**, 10g **thyme** sprigs and a **bay leaf**; stir, then cover and cook on high for 3 hrs (stirring every 1 hr, if possible) until the onions are soft and golden. Stir in 1 tbsp **plain flour**, then pour in 1.4ltrs **beef stock** (made with 2 stock cubes), 2 tbsp **balsamic vinegar** and 3 tbsp **Worcestershire sauce**. Cover and cook for a further 1 hr. Preheat the grill to high. Cut ¼ **white baton** into 4 thin slices and grill on a foil-lined rack on both sides until golden. Divide 75g finely grated **Cheddar** between the toasts, then grill again for 30 secs-1 min until golden and bubbling. Ladle the soup into warm serving bowls and top each with a warm cheese crouton.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1612kJ 386kcal	18g	11g	25g	2.9g
19%	26%	57%	28%	48%

of the reference intake. See page 6.  
Carbohydrate 42g Protein 10g Fibre 6g

26

CHECK OUT our 'Cook once, eat twice' recipes, p15, and find more at [tes.co/cook1eat2](http://tes.co/cook1eat2).

## Back to basics

Thanks for sending us your brilliant budgeting tips – they're too good not to share!

27 'I make a large quantity of concentrated soup (6-12 portions) using less than 50% liquid. I then freeze it in portions using very small pots, letting me store more in my freezer. When it comes to reheating a portion in the microwave or on the hob, just add more liquid.' **Tina, London**  
Try Tina's batch soup idea, p45

28 'We love the fun and easiness of a Friday night takeaway but I'm not a fan of the price tag. So now we still have Pizza Friday every week but, instead of splashing out on takeaway, we have frozen pizzas. I often top them with ingredients I already have in the fridge.' **Grace, Birmingham**

29 'I boil the kettle just once in the morning, then pour it into a flask. Instant hot water for my teas for the day without using more electricity!' **Tracy, Essex**

30 'We halve the meat called for in a recipe and double the vegetables instead. It means we can still have meaty stews, but we get away with buying smaller packs of meat and therefore save a bit of money.' **Rebecca, Warwickshire**

31

## MAKE YOUR HOME ACCESSORIES COUNT

These great-value winter warmers aren't just practical, they look good too and should see you through winters to come

Clockwise, from left: Fox & Ivy Squirrel Cushion, £7; Teal Super Soft Throw, £6; Silentnight Serenity Water Bottle, £16; Silentnight Serenity Extra-Long Hot Water Bottle, £20; Fox & Ivy Hedgehog Doorstop, £12; Fox & Ivy Dachshund Draft Excluder, £14  
All items are available in store only





# 32

TRY COOKING...

## IN AN AIR-FRYER

### AIR-FRYER APPLE CRUMBLE

Serves 6 Takes 40 mins

Cost per serve 59p

Swap the butter with a dairy-free alternative and the flour with a gluten-free option, if you like.

Put 900g peeled, cored and roughly chopped **Bramley apples** in a 2ltr (20cm) firm-based cake tin (or line the air-fryer with foil and place the apples in a mixing bowl). Pour over 2 tbsp **water**, then sprinkle over 2 tsp **ground cinnamon** and 2 tbsp **demerara sugar**; toss well. Air-fry at 180°C for 10 mins. Stir well, then cook for a further 10 mins. Meanwhile, in a mixing bowl, rub 100g **unsalted butter** into 200g **plain flour** until

the mixture resembles breadcrumbs. Stir in 2 tsp ground cinnamon and 40g demerara sugar. Tip the crumble onto the cooked apples and level, making sure it covers the apples. Air-fry for a further 10 mins until pale golden. Serve warm, with **single cream**, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1516kJ 362kcal	15g	9g	26g	0.0g
18%	21%	45%	29%	0%

of the reference intake. See page 6.  
Carbohydrate 51g Protein 4g Fibre 5g



# 33

## GET THE LOW-DOWN ON AIR-FRYERS

**Q FOR THOSE OF US WHO DON'T HAVE ONE, WHAT IS AN AIR-FRYER?**

**A** It's basically a mini fan oven that roasts and bakes, but it also gives food a nice crispy result in little time using minimal oil, so it's healthier.

**Q HOW DOES IT WORK?**

**A** It cooks at a really high temperature with a fan. It's easy to keep clean, as most parts are dishwasher-safe, and best of all it's economical to run. A typical air-fryer (1,000W) costs just 34p per hour, which is roughly the same wattage and energy consumption as a conventional oven, but it heats up very quickly and you can cook meals in a fraction of the time, making it a great-value cooking method.

**Q WHAT CAN YOU COOK IN IT?**

**A** Everything from pasta bakes, veg and roasts to cakes and casseroles. If you can make it in an oven, you can probably make it in an air-fryer. Just remember that air-fryers generally have less capacity than regular ovens, so are best for making smaller portions. **Find air-fryer recipes at [tesco.co/air-fryer](https://www.tesco.co.uk/air-fryer).**

# 34

## SPOT AN ENERGY-SAVING SCAM

The latest scam is posing as an energy company to obtain your personal details and commit fraud. If you're unexpectedly asked for any personal info via a phone call, text or email, contact your supplier directly. Visit [takefive-stopfraud.org.uk](https://takefive-stopfraud.org.uk) to find out more, and check out these ways (right) to spot a scam.

- You're not addressed by your proper name
- There is poor grammar and spelling mistakes
- They encourage you to click on a link
- They ask you for personal/sensitive information

# 35

## WINTER-PROOF YOUR BOILER

Did you know that many home insurance claims tend to be for escape of water such as boiler leaks? Ensuring your boiler has an annual service will help it to run more efficiently, saving you both energy and money. For more tips on preparing your home for winter and avoiding cold-weather home insurance claims, visit [tescobank.com/home-insurance/guides/preparing-for-winter](https://www.tescobank.com/home-insurance/guides/preparing-for-winter).



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and follow us on Instagram for more inspiration.*



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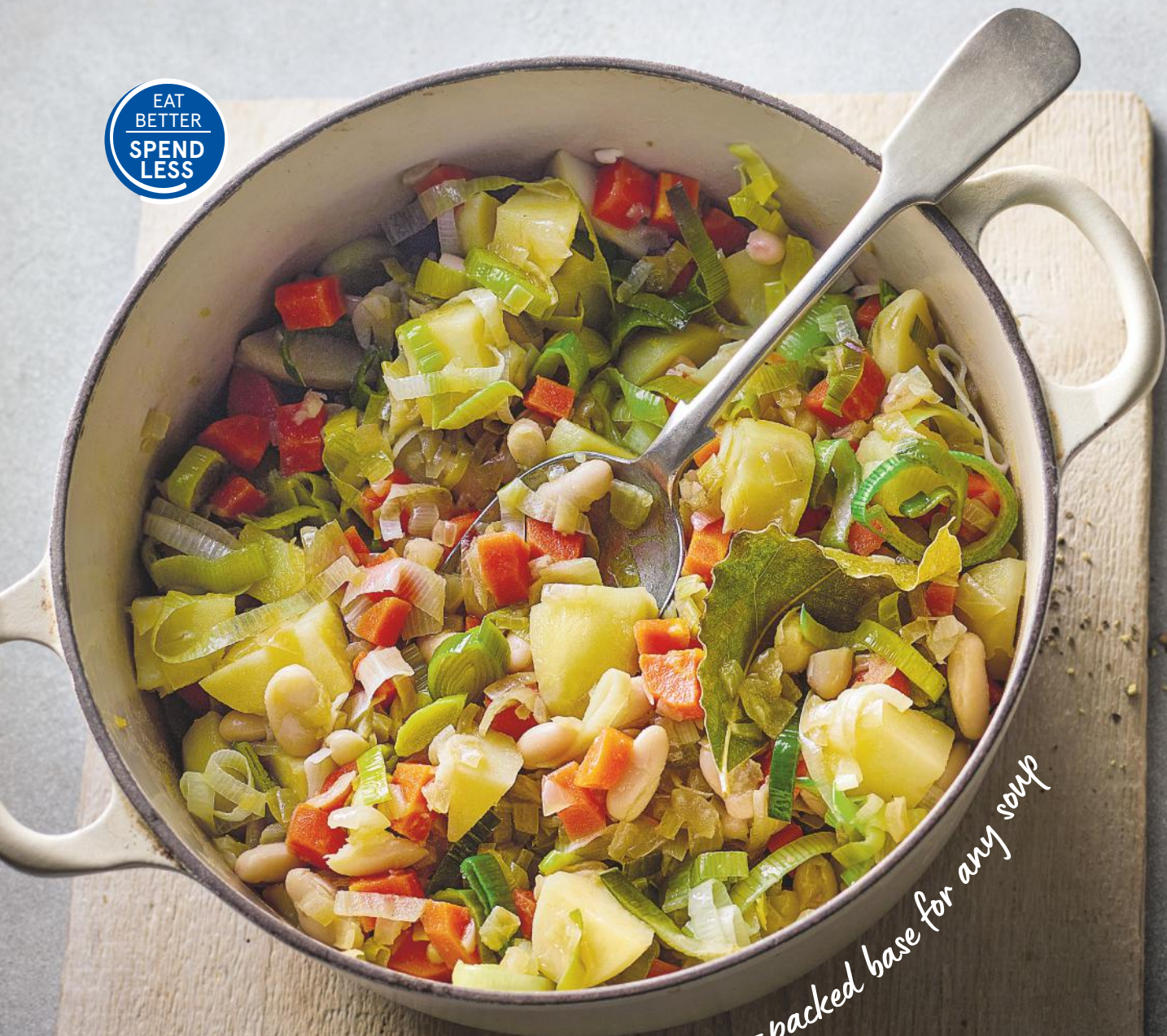
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# BATCH BASICS

Fill your freezer with these nutritious, filling batch-cook ideas to help you through busy weeks – with no oven required



*A veg-packed base for any soup*



*Inspired by a reader's tip (p41), this veggie soup base mix can be frozen in small portions to save space in your freezer. Defrost with stock to make a hearty homemade soup, or try one of our twists*


# BATCH-COOK SOUP CONCENTRATE

Makes 8 portions


   

Takes 50 mins

Cost per serve 43p

 Cook up to the end of step 1, then cool and freeze in portions for up to 3 months.

Defrost in the microwave, then follow from step 2.

 This soup is a great base to use up leftovers: add shredded roast chicken, sliced sausages or seasonal veg

such as roasted squash in autumn, cauliflower in winter and sliced courgettes in summer.

- 4 tbsp olive oil, plus extra to serve
- 3 onions, finely chopped
- 2 leeks, finely sliced
- 3 carrots, cut into 1cm pieces
- 2 potatoes, cut into 2cm pieces
- 2 bay leaves
- 400g tin cannellini beans, drained
- 2 chicken or vegetable stock pots, made up to 1.2ltrs

1 Heat the oil in a large saucepan over a medium heat. Fry the onions and leeks for 15 mins, stirring occasionally, until just beginning to soften. Stir in the carrots, potatoes, bay leaves and beans. Cook for 10 mins to allow any liquid to cook off. Cool, then freeze (see left).

2 To assemble the soup, spoon into a saucepan and add 1.2ltrs stock (or 150ml per portion). Bring to a simmer and cook for 5-8 mins; season. Serve topped with a drizzle of olive oil, or try one of our flavour spins (right and below).

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
880kJ 211kcal	10g	1g	9g	1.3g
11%	14%	7%	10%	21%

of the reference intake. See page 6.  
Carbohydrate 23g Protein 5g Fibre 7g  
2 of your 5-a-day; high in fibre

## TRY THIS TWIST

### CREAMY MUSHROOM

Add 485g finely chopped chestnut mushrooms and 100ml double cream to the defrosted soup concentrate. Cook for 10-12 mins, then blitz with a hand blender until smooth.

## TRY THIS TWIST

**CHORIZO & KALE** Fry 150g diced chorizo and add to the defrosted soup concentrate with 200g shredded kale. Reheat as above.



# MEAT-FREE?

## RELAX, IT'S RICHMOND™

SINCE 1889  
**RICHMOND™**



SCAN HERE FOR A RANGE OF  
TASTY MEAT-FREE RECIPES






*This filling, one-pot dinner can be made in the slow-cooker or on the hob, then frozen in batches*


# GREEN LENTIL STEW WITH BACON & SAGE

Makes 8 portions

Takes 1 hr 30 mins

Cost per serve £1.33

 Cook as per the recipe, omitting the bacon rashers and sage. Cool, divide into containers and freeze for up to 3 months. To cook, defrost, simmer in a pan for 10 mins until piping hot. Cook the bacon and sage leaves as per the recipe.

 To slow-cook, soften the bacon and veg in the slow-cooker. Follow the recipe (right) but use 2ltrs stock. Cook on high for 2 hrs or until the lentils are cooked.

- 4 tbsp olive oil
- 200g smoked bacon lardons
- 3 medium onions, chopped
- 3 medium carrots, grated
- 2 celery sticks, chopped
- 4 garlic cloves, sliced
- 500g pack lentilles vertes, rinsed well
- 2 chicken or vegetable stock pots, made up to 1.65ltrs
- 2 bay leaves
- 485g pack chestnut mushrooms, sliced
- 8 smoked streaky bacon rashers
- 15g butter
- 15g fresh sage leaves
- 100g pack flat-leaf parsley, finely chopped

1 Heat the oil in a large saucepan or flameproof casserole dish over a medium heat. Add the bacon lardons and cook for 10 mins until crisp. Add the onions and cook for 5 mins until softened and translucent. Add the carrots, celery and garlic; cook for 8-10 mins to soften.

2 Stir in the lentils, stock and bay leaves, cover and reduce the heat to low. Cook for 45-50 mins until the lentils are cooked through, adding the mushrooms for the final 15 mins. Add a little more water if it seems to be drying out.

3 In a frying pan, fry the bacon over a medium-high heat until crispy; set aside. Add the butter to the pan; once sizzling, stir in the sage leaves and reduce the heat to medium-low. Fry for about 5 mins until the sage leaves are crisp and the butter slightly browned. Just before serving, stir the parsley through the stew, then ladle into bowls and top with the crispy bacon and sage.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1950kJ 467kcal	21g	6g	9g	2.5g
23%	30%	32%	10%	42%

of the reference intake. See page 6.  
Carbohydrate 39g Protein 25g Fibre 5g





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# STOVETOP CAULIFLOWER & BROCCOLI MAC & CHEESE

Makes 8 portions  

Takes 50 mins

Cost per serve 92p

 Cook the dish but omit the pangrattato. Allow the mac and cheese to cool completely before freezing. To reheat, defrost, then heat over a medium heat until piping hot. The pasta may have absorbed a lot of the liquid, so add a splash of milk to loosen, if needed. Top with the pangrattato before serving.

3 tbsp sunflower or vegetable oil  
1 cauliflower, cut into 2cm florets, smaller leaves finely chopped  
200g purple sprouting broccoli (or 350g broccoli), cut into 3cm pieces  
40g butter  
65g plain flour  
550ml milk  
1 vegetable stock cube, made up to 350ml  
300g mature Cheddar, grated  
1 tbsp wholegrain mustard  
2 tbsp Worcestershire sauce (optional)  
1 tbsp English mustard powder (optional)  
650g macaroni  
75g fresh breadcrumbs (2 bread slices, blitzed)  
1 lemon, zested

1 Heat 2 tbsp oil in a large frying pan. Fry the cauliflower and broccoli over a high heat in 2-3 batches for 5-8 mins to cook and slightly char the edges. Set aside.  
2 For the cheese sauce, heat the butter and the flour in a saucepan over a medium heat until bubbling. Whisk in the milk and stock, then bring to a simmer, stirring gently to prevent lumps. Cook for 2 mins, then turn off the heat and stir in the cheese to melt. Add the mustard, and Worcestershire sauce and mustard powder, if using. Set aside.  
3 Boil the macaroni to pack instructions until al dente. Meanwhile, make a pangrattato by heating 1 tbsp oil in a frying pan, add the breadcrumbs, then toast, stirring frequently, for 5 mins until golden brown. Add the lemon zest; set aside.  
4 Drain the pasta; return to the pan with 200ml cooking liquid. Stir the cheese sauce through the pasta, return to the hob over a low heat, then stir in the cauliflower and broccoli. Top with the pangrattato to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2710kJ 646kcal	27g	13g	8g	1.4g
32%	38%	64%	9%	23%

of the reference intake. See page 6.  
Carbohydrate 73g Protein 26g Fibre 5g







# SPICED TURKEY 'BOLOGNESE'

Makes 8 portions **DF** **SF** **\***

Takes 2 hrs 35 mins

Cost per serve £1.63

 Allow to cool completely, then divide into containers or freezer bags and freeze for up to 3 months. To cook, defrost overnight in the fridge. Simmer in a pan until piping hot.

 For slow-cooking, follow steps 1 and 2; transfer to a slow-cooker. Cook on high for 2½ hrs until cooked and the sauce is rich.

- 4 tbsp olive oil
- 2 onions, finely chopped
- 4 large carrots, scrubbed and grated
- 3 parsnips, peeled and grated
- 1 celeriac (about 500g), peeled and grated
- 4 garlic cloves, crushed
- 1 heaped tsp crushed chillies (optional)
- 2 tsp ground cinnamon (optional)
- 1-2 tsp ground coriander
- 10g fresh rosemary leaves, finely chopped
- 1kg turkey mince (we used half thigh mince and half breast mince)
- 300ml red or white wine
- 4 x 400g tins chopped tomatoes
- 3 tbsp tomato purée
- 1 beef or chicken stock pot, made up to 500ml

1 Heat the oil over a medium heat in a very large saucepan. Fry the onions and carrots for 5 mins to soften. Add the parsnips and celeriac and cook for a further 10-15 mins until the veg is starting to caramelise. Add the garlic, chilli and cinnamon (if using), coriander and rosemary; cook for 1 min more.

2 Stir in the turkey mince and cook for 10 mins until just beginning to brown. Pour in the wine; cook for 2-3 mins. Add the tomatoes, tomato purée and stock.

3 Simmer, uncovered, for 1 hr 30 mins-2 hrs, stirring occasionally, until rich and thickened. Serve with pasta, mashed potato or rice, or try one of our other serving suggestions (right).

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1715kJ 410kcal	13g	3g	20g	1.1g
21%	19%	13%	22%	18%

of the reference intake. See page 6.  
Carbohydrate 25g Protein 36g Fibre 9g  
3 of your 5-a-day; high in protein; low in fat



## 3 WAYS TO SERVE IT

**1** Toss with cooked pasta and top with chopped parsley and grated Parmesan.

**2** Serve with rice, guacamole, coriander leaves, hot sauce and soured cream.

**3** Spoon onto flatbreads with sliced red pepper; grill for 5 mins until hot. Top with sliced red onion, parsley, coriander and a little olive oil.





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# GET COOKING

Make light work of prepping meals for the week with hardworking, affordable cookware

1  
↖ £6

2

3

5

4

6

*Hard-wearing aluminium*

## The kit

Gather your essentials for frying, steaming and roasting:

1 Oven Tray 3-pack 28/35/38cm – two shown, £6; 2 Glass Square Roaster 21cm, £4.50; 3 Aluminium Induction Casserole 28cm, £22; 4 Aluminium Induction Frying Pan 30cm, £12; 5 Stainless-steel Steamer 18cm, £14; 6 Roaster Set 3-pack 28/33/38cm, £7.50. See in store or online for the full range of cookware, crockery and utensils.



# Too good to waste

Thrifty tips to reduce waste, save money and be a little more sustainable

## USE IT UP

Speedy ideas for using up leftover ingredients from the recipes in this issue

### CELERY

Get the crunch back into limp stalks by putting them in iced water for 30 minutes. To freeze, chop, open-freeze on a baking sheet until hard, then put in an airtight container. Fry from frozen and use as the base for soup or Bolognese.

### FILO PASTRY

Layer a few sheets and top with a line of feta or goat's

cheese mixed with chopped herbs; roll up tightly, slice into cigars, then brush with melted butter and bake until golden. Leftover sheets can be frozen: leave in the fridge the night before using to defrost.

### CAPERS

Once opened, jarred capers will last a few weeks in the fridge. Blitz with grated hard cheese, basil and lemon to make a quick



pesto, or sprinkle over salads to add tang.

### LETTUCE

For a lighter swap, roll mince or rice in lettuce leaves rather than wraps, or stir-fry the leaves with oil and a little rice wine vinegar as a substitute for cabbage.

### ANCHOVIES

Store leftovers in the fridge in a container with enough oil to cover them. Use to enrich sauces, or

blend with leftover salad leaves, herbs, yogurt and lemon juice to make a green goddess dressing.

### TIKKA CURRY PASTE

Rub onto cauliflower steaks or fish fillets to add spice, stir into noodles to add depth of flavour, or add to a pan before frying your eggs.

### RICOTTA

Use to make a batch of doughnuts in just 15 minutes (find a recipe at [tes.co.uk/recipes/1000000](https://www.tes.co.uk/recipes/1000000)); use as a base sauce on pizzas; or stir into pasta with lemon juice and spinach for a tasty, speedy dinner.



**22k**  
**TONNES**

of leafy salad are thrown away each year\*

## NO FRESH HERBS?



1 tbsp



1 tsp

If you're cooking with herbs, you can swap 1 tablespoon fresh for 1 teaspoon dried herbs.



# FRIDGE-RAID FEASTS

Transform your leftovers into a versatile midweek winner. Here's how...

**1 The base**  
Gently fry any base vegetables you have (these could include onions, leeks, celery or carrots) until soft. Mix in garlic, chilli and dried herbs.

**2 The veg**  
Add any softer vegetables (such as peppers, aubergines, courgettes, tomatoes), cook to soften, then add a tin of tomatoes and any fresh herbs you have in the fridge. Heat through. Either keep it chunky or blitz it a little.

**3 The twist**  
To turn it into a soup, blitz until smooth, then return to the pan and stir in water or vegetable stock to loosen it up.

## How to...

### FREEZE FRESH HERBS

Make fresh herbs last longer by storing correctly – keep basil in the cupboard, while mint, coriander, parsley and rosemary prefer the fridge. If you're not going to use them up quickly, freezing is easy:

**1** Start by chopping up herbs, remembering to remove the stalks of woody varieties, like rosemary and thyme.

**2** Add 2 tbsp herbs to each section of an empty ice cube tray – this will make them easy to store and pop each individual portion out. You can freeze herbs in combinations too – try basil, oregano and thyme for an Italian mix.

**3** Top with olive oil; this helps stop the leaves going brown or wilting and means you can add the cube directly to the pan when you're ready to cook.



They'll last for six months in the freezer and can be added to soups, risottos or pasta dishes.

### GIVE ME MORE!

Scan this QR code to find even more tips for using up leftovers, as well as more recipe ideas.








# Curry night

Our plant-based spin on this takeaway favourite is creamy and comforting

## VEGAN 'BUTTER CHICKEN' CURRY

Serves 4   

Takes 45 mins plus marinating

2 tsp hot paprika  
1 tsp ground cumin  
3½ tsp garam masala  
1 tbsp garlic & ginger paste, plus 2 tsp  
1 lemon, juiced  
150ml Elmlea Plant Double Cream-Alternative  
280g pack Dopsu No-Chicken Pieces, defrosted  
2 tsp vegetable oil  
40g Flora Plant B+tter salted  
1 large onion, sliced  
500g carton tomato passata  
10g fresh coriander, leaves picked  
rice, poppadoms and mango chutney, to serve (optional)

1 Mix the paprika, cumin, 1 tsp garam masala, 2 tsp garlic & ginger paste, the lemon juice and 50ml Elmlea Plant in a bowl; season with pepper. Stir through the Dopsu No-Chicken Pieces to coat, then put in the fridge for at least 20 mins to marinate.  
2 Heat the oil in a large, deep frying pan over a medium-high heat. Add the marinated no-chicken pieces and cook for 6-8 mins, until golden. Transfer to a plate and set aside.  
3 Add 15g Flora Plant to the pan to melt, reduce the heat to medium-low and fry the onion for 10 mins. Add the remaining garlic & ginger paste and garam masala; cook for 2 mins.  
4 Stir in the passata and 150ml water; season. Bring to the boil, then reduce the heat to low and simmer for 15-20 mins until thickened.  
5 Add the no-chicken, remaining 100ml Elmlea Plant and 25g Flora Plant; simmer for 5 mins (don't let it boil). Scatter with coriander and serve with rice, poppadoms and mango chutney, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1753kJ 420kcal	28g	13g	11g	1.3g
21%	40%	66%	12%	22%

of the reference intake. See page 6.  
Carbohydrate 20g Protein 19g Fibre 6g



**Dopsu No-Chicken Pieces, 280g £2 (71p/100g).** Try it in pies and stir-fries, as well as curry.



**Elmlea 100% Plant Double Cream-Alternative, 250ml £1.65 (66p/100ml)** Pour, whip or cook it.



**Flora Plant B+tter Salted, 250g £2 (80p/100g).** A rich and creamy alternative to dairy butter.



# Join the conversation



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## STAR LETTER

**Email or write and we'll choose a Star Letter\* to win a £50 giftcard\*\***

Today we've spent the day making Sloppy Joes (November) and preparing lunches for my husband's week at work. Strangely, it's felt like a 'date night' and been a cost-effective, valuable time spent together making memories. Thank you, Tesco, every little really does help.

**Kirstie, via email**



Made the Spiced sweet potato chocolate fudge cake (November) today. The orange pieces on top could have been neater but I'm sure it'll still taste good! @RoseJenyon



## Let's get talking

November's feature on communication really hit home with me. It is all too easy to hide behind texts and messages, rather than talking face to face. As winter approaches and we can feel more isolated, let's all find time for a good old-fashioned chat over coffee – it's so much more inviting than a text!

**Denise, via email**



**Here are just a couple of your fab versions of our recipes**



Made these Bakewell wreaths today from the November Tesco magazine – really tasty  
#tescomagazine  
#homebaking  
#cherrybakewell  
@janine\_findlay

## Most-liked feature

You got ahead for the festive season with our November feature *The Freezables*. Liz, via email, said: 'I practised the Ready-to-roast potatoes; it's true, they're extra-crunchy cooked from frozen.' Ruth, via email, said: 'These tips are not just for Christmas. I can batch-cook and keep these in the freezer for Sunday dinners.'

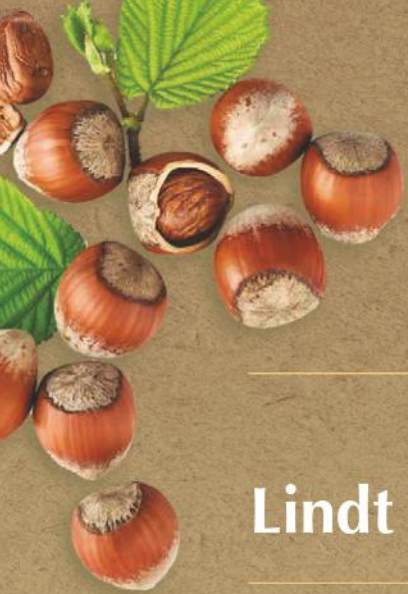


Fish finger 'hot dogs' with crunchy slaw (October): This meal is an absolute corker – the slaw is punchy and fresh, and I mean, who doesn't love an excuse to have fish fingers for tea?

**@bakemakecook**



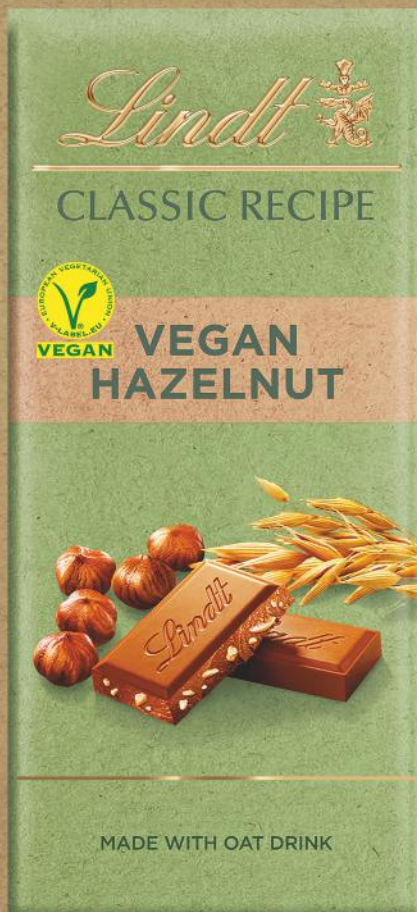
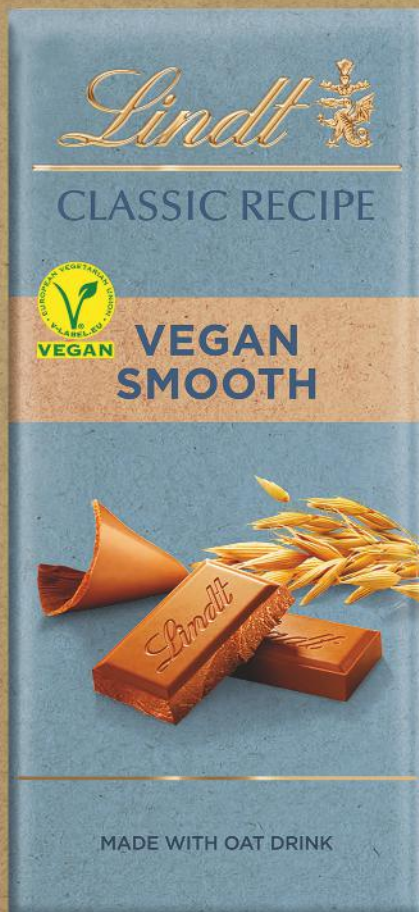




# Lindt

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# DINNER WINNER

Whether you're going meat-free in January or just after a quick solution for tonight's dinner, Tesco has got you covered

Simple, tasty and ready when you are, these Wicked Kitchen plant-based dishes are little gems. We've got all your favourite cuisines covered, from British to Italian and Indian. Better still, Clubcard

members can get one main and any two extra dishes (sides or desserts) for just £8\*. Wondering about what to have for dinner tonight? Pick up the Wicked Kitchen meal deal in store – that's dinner sorted.

**Wicked Kitchen Millionaire's Sundaes**  
Caramel mousse made from a silky lentil cream, a crunchy biscuit crumble base and finished with vegan chocolate.

**Wicked Kitchen Rockin' Red Onion Flatbread**  
Made from sourdough that's wood-fired, then topped with garlic, parsley, chilli oil and pickled red onions.

**Wicked Kitchen Nana's Lasagne**  
A rich vegetable ragu with hearty lentil and bulgur wheat, layered with vegan pasta and topped with a smooth bechamel.

**1 MAIN  
+  
ANY 2  
EXTRAS  
(side or  
dessert)**

**WICKED**  
KITCHEN



# Together, let's make it count



## Big Garden Birdwatch

### 27–29 January 2023



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By texting your telephone number, you consent to the RSPB getting in touch to request delivery details for the guide. Calls are free. Texts charged at your standard network rate for SMSThe RSPB is a registered charity in England and Wales 207076, in Scotland SC037654. Blue tit by Alamy BGBW-23





# DEREK SARNO LIVING ON THE VEG

Just a handful of ingredients create chef Derek Sarno's super-creamy tomato pasta sauce, spiked with fresh basil and chilli



## CREAMY HIDDEN-BEAN PASTA SAUCE

Serves 6

Takes 40 mins

Cost per serve 56p



The sauce can be made up to 3 days ahead; store in an airtight container in the fridge. Reheat on the hob or in the microwave, without boiling, until piping hot.

- 2 tbsp olive oil
- 4 garlic cloves, finely sliced
- 2 x 400g tins chopped or plum tomatoes
- 400g tin cannellini beans, drained and rinsed
- 200ml soya milk-alternative
- 450g rigatoni
- 1 tsp crushed chillies (optional)
- 30g pack fresh basil, leaves picked and most finely chopped

1 Heat the oil in a saucepan over a low heat and fry the garlic for 5 mins until softened; be careful not to let it burn. Stir through the tomatoes, increase the heat to medium-low and simmer for 20-25 mins, stirring occasionally, until thickened and reduced by about half. Meanwhile, blitz the cannellini beans and soya milk-alternative with a handheld blender (or in a blender) on the highest speed until smooth.

2 Cook the pasta to pack instructions. Drain, reserving a mug of pasta water.

3 Stir the smooth bean mixture through the tomato sauce and reduce the heat to low. Warm through for 5 mins, stirring

frequently – don't let it boil or the sauce may split. Stir through the crushed chillies, if using, and the chopped basil; season to taste. For a completely smooth sauce, use a handheld blender to blitz the sauce inside the pan (off the heat).

4 Add the cooked pasta to the sauce and stir well to coat. Add 1-2 tbsp pasta water if needed to loosen, then top with the remaining basil leaves to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1639kJ 388kcal	7g	1g	7g	0.2g
19%	10%	6%	8%	3%

of the reference intake. See page 6. Carbohydrate 63g Protein 15g Fibre 6g 1 of your 5-a-day; source of protein

*Cannellini beans make this protein-packed sauce wickedly creamy*

Derek Sarno, Tesco's director of plant-based innovation



# SALTED CARAMEL ICE CREAM BITES



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**Find me in the Tea & Coffee aisle**



# FREE DIGITAL RECIPE BOOK

*Have you had yours?*



SCAN ME



*One-pot Sunday lunch*

Lauren's  
pesto  
chicken  
one-pot p67

# HAPPY PLATES

Banish the January blues with colourful, sunny food. These are some of the *Tesco* magazine food team's go-to recipes to brighten up gloomy days







**LIGHTEN  
UP THOSE**



**WINTRY  
NIGHTS**

**FIND YOUR FLAVOUR TODAY**



*An easy sharing dessert plate*

Sarah's  
citrus  
cheesecake  
board p67

41p  
per serve







# Let's play



play  
your way

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for after-school or rainy  
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[LEGO.com/family](https://www.lego.com/family)



*Forks at the ready... This is perfect for those who "don't want dessert..." then all of a sudden can't resist a bite of yours!*

Sarah Alcock

### SARAH'S CITRUS CHEESECAKE BOARD

Serves 8

Takes 20 mins

plus chilling

Cost per serve 41p

60g unsalted butter  
120g ginger nuts  
200g soft cheese  
200g Greek-style yogurt  
2 tbsp icing sugar, sifted, plus 1 tsp  
2 oranges, zested and segmented  
2 clementines, zested and segmented  
2 tsp lemon curd  
2 mint sprigs, small leaves picked, large leaves finely sliced

- 1 Melt the butter in a small pan over a low heat. Blitz the ginger nuts in a food processor until they resemble coarse sand (or bash with a rolling pin in a zip-lock bag). Transfer to a bowl and mix in the melted butter.
- 2 Spread the biscuit base on a serving board or platter, pressing down with the back of a spoon, leaving little divots and gaps as you go. Chill for 30 mins.
- 3 Meanwhile, mix the soft cheese, yogurt, sugar and citrus zests in a large bowl. Transfer to the fridge.
- 4 Once chilled, top the biscuit base with the cheese mixture. Top with small drops of lemon curd, rippling through with the spoon. Arrange the citrus segments on top and scatter with mint. Dust with a little extra icing sugar, then ask everyone to dig in.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1112kJ 267kcal	18g	11g	14g	0.3g
13%	25%	57%	15%	5%

of the reference intake. See page 6.  
Carbohydrate 23g Protein 4g Fibre 1g

### LAUREN'S PESTO CHICKEN ONE-POT

Serves 4

Takes 1 hr 25 mins

Cost per serve £1.58



Freeze for up to 3 months. To defrost, thaw overnight in the fridge, then reheat at gas 6, 200°C, fan 180°C, or on the hob over a medium-low heat for 20–30 mins until piping hot.

8 bone-in chicken thighs  
1 tbsp olive oil

2 lemons, 1 zested and juiced, 1 cut into wedges  
2 onions, cut into thin wedges  
2 garlic cloves, finely sliced  
3 anchovy fillets, chopped  
1 tsp Dijon mustard  
1 chicken stock cube, made up to 450ml  
150g frozen peas  
200g Tenderstem broccoli, chopped  
2 tbsp green pesto  
10g fresh basil or parsley, leaves picked  
crusty bread, to serve (optional)

- 1 Heat a large flameproof casserole dish over a medium heat. Toss the chicken in the oil and lemon zest; season. Browned for 6–7 mins, skin-side down, until golden and crisp. Turn and brown for a final 4 mins; you might need to do this in batches. Transfer to a plate using a slotted spoon; set aside.
- 2 Add the onions, garlic and anchovies to the dish and fry for 5 mins until golden. Stir in the mustard, stock and the lemon juice. Bring to the boil and return the chicken, skin-side up. Cover, reduce the heat to medium-low and cook for 20 mins. Uncover and cook for a further 25 mins or until the chicken is cooked through.
- 3 Add the peas and broccoli. Cover and cook for a further 8 mins, or until the veg is just tender.
- 4 Spoon over the pesto, then top with the basil or parsley leaves and lemon wedges. Serve with warm crusty bread, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2301kJ 554kcal	39g	12g	8g	2.3g
28%	55%	62%	9%	37%

of the reference intake. See page 6.  
Carbohydrate 13g Protein 37g Fibre 6g

*This is my go-to Sunday lunch when the family wants something hearty but I'm not in the mood to cook a roast. Minimal washing up and lots of fresh greens included*

Lauren Rose-Smith





*My good-mood food is always pasta, so I've given classic meatballs and spaghetti a twist, taking inspiration from sunny dinners in warmer climates*

Ellie Donajrodzki

# ELLI'S LAMB MEATBALLS WITH CHEESE & DILL

Serves 4 ❄️ Freeze

meatballs only

Takes 1 hr plus chilling

Cost per serve £2.77

📖 Shape the meatballs and make the sauce the day before serving; keep separately in the fridge. Continue from step 4.

2 tbsp olive oil

2 onions, finely chopped

4 garlic cloves, crushed

3 tsp dried rosemary or oregano

400g tin plum tomatoes

6 pitted black olives, halved

2 tsp wine (any colour) or red wine vinegar

500g pack lamb mince

30g dried breadcrumbs or 1 slice of bread, blitzed to crumbs

200g pack salad cheese, crumbled

1 egg, beaten

300g dried tagliatelle

20g pack fresh dill, finely chopped

1 Heat 1 tbsp oil in a large frying pan over a medium heat. Fry the onions for 5–7 mins until softened. Add the garlic and 2 tsp dried herbs and fry for a further 2 mins. Transfer half to a bowl to cool completely.

2 Add the tomatoes to the pan with a tin of water; break up the tomatoes with a wooden spoon. Add the olives and the wine or vinegar, season, then simmer over a low-medium heat for 15 mins until thickened.

3 Meanwhile, add the lamb to the reserved onion along with the remaining dried herbs, the breadcrumbs, 50g cheese and the beaten egg. Shape into 32 even-sized balls. Cover and chill for at least 10 mins to firm up.

4 Heat the remaining oil in a frying pan and fry the meatballs over a medium-high heat for 10 mins, turning often, until golden. Meanwhile, cook the pasta to pack instructions. Drain, reserving a mug of cooking water.

5 Add the meatballs to the tomato sauce and cook for 6 mins over a low heat or until cooked through.

6 Stir half the dill through the tomato sauce, then stir in the tagliatelle until the pasta is coated in the sauce, adding splashes of cooking water to loosen. Serve topped with the remaining cheese and dill.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
3117kJ 743kcal	30g	12g	12g	1.6g
37%	43%	59%	13%	27%

of the reference intake. See page 6.

Carbohydrate 70g Protein 45g Fibre 5g




*Make-ahead main*



*This is one of my favourite pick-me-ups: fluffy vegan muffins made with storecupboard ingredients. You can use any fruit you have*


Bryony Bowie

### BRYONY'S ANY-FRUIT MUFFINS

Makes 12   

Takes 40 mins

Cost per serve 22p

 Fresh berries or diced apple, pear or rhubarb work just as well as frozen fruit. If using fresh, you won't need the extra 2 tsp flour. You can also use your favourite spice – ginger works well.

300g plain flour, plus 2 tsp  
2½ tsp baking powder  
185g caster sugar, plus 2 tsp  
1½ tsp ground cinnamon  
220g frozen Black Forest mix  
280ml soya milk-alternative  
100g soya yogurt-alternative  
75ml sunflower or rapeseed oil  
1¼ tsp cider vinegar  
2 tsp vanilla extract

1 Preheat the oven to gas 6, 200°C, fan 180°C. Line a 12-hole muffin tin with paper cases. Mix the dry ingredients in a bowl with a pinch of salt, then set aside.

2 In a separate bowl, toss 150g frozen Black Forest mix with 2 tsp flour to coat; shake off any excess.

3 Whisk together the soya milk- and yogurt-alternatives with the oil, vinegar and vanilla. Pour into the flour mixture and fold through until no white streaks remain, being careful not to overmix.

4 Stir through the floured berries, then divide between the muffin cases. Top with the remaining berries. Bake for 25–30 mins until risen, golden and cooked through. Sprinkle with 2 tsp sugar. Cool in the tin for 5 mins before transferring to a wire rack to cool completely.

Each muffin contains

Energy	Fat	Saturates	Sugars	Salt
993kJ 236kcal	8g	1g	16g	0.3g
12%	11%	5%	18%	4%

of the reference intake. See page 6.  
Carbohydrate 37g Protein 4g Fibre 2g  
High in vitamin E; low in saturated fat

22p  
per serve



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# IF YOU MAKE ONE CHANGE...

WORDS JESS HERBERT PHOTOGRAPHY TOM REGESTER FOOD STYLING KATY McCLELLAND  
 \*Source: nhs.uk \*\*Source: European Food Safety Authority

## ...curb your caffeine intake

Find yourself reaching for the tea and coffee on dark winter mornings? You're not alone. Caffeine is a natural stimulant that may reduce tiredness and improve focus. But before you pour that second cup, do you know about the side effects of caffeine-rich drinks?

Although it can give you that 'get up and go' feeling, caffeine has less desirable side effects. If you suffer from incontinence, caffeine may irritate your bladder, making this worse\*. It may also make you feel jittery, cause palpitations, or keep you awake if you drink it too close to bedtime.

**Drinking more than four cups of coffee a day** is thought to contribute to high blood pressure\*. Drink caffeine-rich drinks (which also include tea, cola and energy drinks) in moderation, alongside plenty of water.

**400mg per day** is a safe caffeine limit to stick to\*\*, to avoid adverse effects. Pregnant and breastfeeding women should have no more than 200mg.

**Peppermint, ginger and camomile tea** are all naturally caffeine-free. Opt for decaf versions of your favourite drinks to avoid side effects - though they do still contain a very small amount of caffeine.

*Did you know...?*

A 50g bar of plain dark chocolate contains just 25mg caffeine\*\*.

## HOW MUCH CAFFEINE IS IN...

200ml mug filter coffee	90mg**
60ml espresso	80mg**
250ml can energy drink	80mg**
220ml cup black tea	50mg**
standard 330ml can of cola	32mg







# Jamie's WINTER WARMERS

Up your veg intake this January with Jamie's delicious, nutritious, great-value recipes

*My handy recipes, shortcuts and tips will help you to save time and money this winter - from low-prep, quick-cook dishes, to making the most of reliable storecupboard favourites. Enjoy!*



Scan this QR code to find Jamie's Odds & ends arrabbiata al forno recipe.



## MEXICAN-INSPIRED BLACK BEAN BAKE

Serves 4

Takes 35 mins

Cost per serve £1

2 red onions  
15g fresh coriander  
olive oil  
200g frozen sliced peppers  
2 tsp chipotle paste (or to taste)  
2 x 400g tins black beans  
4 wholemeal tortilla wraps  
60g Cheddar  
400g tin Italian peeled plum tomatoes

**1** Peel and finely slice the red onions. Finely chop the coriander stalks; set aside the leaves to garnish. Put a medium ovenproof frying pan on a medium-high heat with 1 tbsp olive oil and fry the onions, coriander stalks and frozen peppers for 5-10 mins until starting to soften.

**2** Stir in the chipotle paste for a couple of mins until smelling fragrant. Remove half the veg mixture to a plate, then pour the black beans (juice and all) into the

pan. Simmer for 5 mins until the liquid has mostly evaporated. Season to perfection, take off the heat and allow to cool a little.

**3** Preheat the grill to medium. Lay out the tortilla wraps on a clean worktop and divide the black bean mixture between the 4 wraps, placing it on one half of each wrap. Grate over half the cheese and fold each wrap in half, then in half again to create triangular parcels.

**4** Pop the pan back on the heat and fry the reserved onion and pepper mixture for 1 min before scrunching in the tomatoes with clean hands and adding a splash of water. Bring to the boil, season, then turn off the heat. Nestle the triangles into the tomato sauce so that they fit snugly in the pan.

**5** Grate over the remaining cheese and grill for 3-4 mins until bubbling and starting to crisp up a little. Sprinkle over the coriander leaves and serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1843kJ 441kcal	14.1g	6g	14.4g	1g
22%	20%	30%	16%	17%

of the reference intake. See page 6. Carbohydrate 50.1g Protein 20.5g Fibre 20.8g High in thiamin (vitamin B1), which supports normal, energy-yielding metabolism





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Better Baskets is Tesco's way to help you make better choices about the food you eat, at great prices, even when times are tight.

*Go  
gluten  
free*

Simply serve with rice instead of tortillas.







## MORE-VEG SLOPPY JOES

Serves 6 Takes 25 mins

Cost per serve 90p

2 garlic cloves  
400g tin cannellini beans  
olive oil  
500g pack meat & veg beef mince  
6 tsp pesto  
400g tin Italian peeled plum tomatoes  
50g Cheddar  
1 iceberg lettuce  
6 wholemeal buns

**1** Peel and finely slice the garlic. Place a large nonstick frying pan over a high heat. Drain the beans and add to the pan. Cook, stirring, for about 5 mins until they pop, then drizzle in  $\frac{1}{2}$  tbsp olive oil and add the garlic. Cook for a couple more mins while mashing with a wooden spoon. Add the mince and 1 tsp of pesto and cook, stirring, for 3-4 mins until browned.

**2** Once the mince is gnarly, add the tomatoes, scrunching them through clean hands, along with half a tin's worth of water. Bring to the boil, season with a pinch of sea salt and go heavy on the black pepper. Grate over half the cheese, pop the lid on, and leave to thicken for 5 mins over a medium heat.

**3** Meanwhile, wash and finely shred the lettuce. Split the buns and spread each base with the remaining pesto.

**4** Pop the pan in the middle of the table and get everyone to dig in – scooping up the Sloppy Joe and topping with a little extra grated cheese and the shredded lettuce.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1549kJ 371kcal	14.7g	6g	6.8g	1.2g
19%	21%	30%	8%	20%

of the reference intake. See page 6.  
Carbohydrate 28.3g Protein 28.4g Fibre 7g  
High in protein, which supports the maintenance of normal bones

*New family  
favourite*

Leftover sauce? Cool, bag up and freeze, ready to defrost and serve with pasta another day.

'This is my Italian-style take on the classic – it's packed with flavour, yet easy and quick to make. I've used mince with added veg, plus tinned beans, to help the meat go further – so it contains more of the good stuff and is easier on the wallet too'



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A top-down view of a bowl of hearty vegetarian soup. The soup is a thick, orange-brown stew containing lentils, corn, and vegetables. A poached egg with a runny yolk sits in the center, garnished with a swirl of red sauce and black pepper. Two large, golden-brown, crispy wonton-like chips are placed on top of the soup. In the background, a small bowl of red dipping sauce with a wooden spoon is visible. The entire dish is set on a light grey surface.

‘This hearty vegetarian soup is filling and comforting – so it’s perfect for chilly winter nights. And the bonus is that you can find most of the ingredients in your storecupboard or freezer. Veg-packed yet big on flavour, this is clever midweek cooking. Pack up any leftovers for lunch the next day’

*Easy  
swap*

Substitute the spinach  
for seasonal kale or  
Savoy cabbage.



## SPICY STORE- CUPBOARD SOUP

Serves 6   Takes 50 mins  
Cost per serve 58p

olive oil  
250g frozen classic vegetable base mix (or 250g diced onion, carrot and celery)  
2 tbsp Indian curry paste, such as tikka  
300g split red lentils  
1 vegetable stock cube  
400g tin Italian peeled plum tomatoes  
320g frozen spinach  
6 uncooked poppadoms  
6 tbsp natural yogurt, to serve  
mango chutney, to serve (optional)

**1** Place a large pan on a medium heat with 1 tbsp olive oil. Add the frozen veg base (or fresh onion, carrot and celery) and cook for 10 mins or until softened. Stir in the curry paste and fry for 2 mins before rinsing the lentils and stirring them in.

**2** Crumble in the stock cube, pour in 1.5ltrs of boiling water and add the tomatoes, scrunching them through your hands. Bring to the boil, then reduce the heat to low and simmer for 25 mins or until the lentils are cooked through.

**3** Stir through the frozen spinach and cook for 2 mins more. Meanwhile, cook the poppadoms in the microwave until puffed up.  
**4** Season the soup to taste and ladle into bowls, then ripple in the yogurt. Serve with the crispy poppadoms on top and mango chutney, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1154kJ 276kcal	5.3g	1.3g	5.9g	1.3g
14%	8%	7%	7%	22%

of the reference intake. See page 6.  
Carbohydrate 40.2g Protein 18g Fibre 7.8g  
High in protein, which supports the maintenance of muscle mass



## HERO PULSE

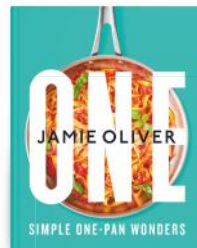
### HOW TO EAT: SPLIT RED LENTILS

A brilliant storecupboard staple for the colder months, split red lentils are super-versatile and budget-friendly too! Perfect for hearty, comforting recipes: throw them into soups and casseroles to instantly add substance, or make them the star of the show in a soothing bowl of dhal. Small yet mighty, they offer a filling and nourishing plant-based source of protein. Plus, they count as 1 of your 5-a-day!

- Dried lentils have a long shelf life. Once opened, store them in an airtight container in a cool, dry place.

- Quick and convenient, there's no need to soak these lentils – simply rinse well under cold water.

- When cooked, red lentils form a thick purée-like consistency and soak up flavours like a sponge.



## WIN

### WE WANT TO SEE WHAT YOU'VE BEEN COOKING

For your chance to win a signed copy of Jamie's new book, *ONE*, plus an online class voucher for The Jamie Oliver Cookery School, share your version of one of Jamie's recipes from [tesco.co/jamieoliver](https://tesco.co/jamieoliver) on Instagram with [#TescoandJamie](https://twitter.com/TescoandJamie) and [#TescoJamieChallenge](https://twitter.com/TescoJamieChallenge). Opens 00:01 on 4 January 2023. Closes 23:55 on 31 January 2023. UK only, 18+. For full terms and conditions, visit [tesco.co/tescojamiechallenge](https://tesco.co/tescojamiechallenge).

### THE GOOD STUFF

- Lentils are high in protein, making them a great plant-based protein option.
- An 80g serving of cooked lentils counts as 1 of your 5-a-day.
- Red lentils are high in iron, which contributes to the reduction of tiredness and fatigue.



In the know...

# Affordable proteins

Delve into the lesser-known proteins that are good for you *and* your wallet



**ISA ROBINSON**  
(@isarobinson\_nutrition) is a registered nutritionist and certified intuitive eating counsellor.

‘Protein is one of the three main macronutrients alongside fats and carbohydrates. Adequate intake is important for cell growth and repair of muscles and bones. It’s vital for our hormones, which influence mood, sleep and appetite. Protein also takes longer to digest than carbs, so helps balance our blood sugars. We can’t absorb more than 20-25g in one sitting, so spread intake through the day and include with meals and snacks, especially after movement. Protein is easier to come by than you might think. It’s in everyday favourites like bread, rice and eggs.’

## PRICE OF PROTEIN

We all need some protein in our diets, whether that’s adding chicken to your lunchtime salad or prawns to a stir-fry. But there’s no denying that these can be big-ticket items on your weekly shop – especially if you have a whole family to feed. Fear not! Isa, our expert, shares her top budget-friendly, healthy protein sources, whether you eat meat and/or fish, are vegetarian or have a plant-based diet.

*Did you know...?*

Everyone’s favourite comfort food – half a tin of baked beans on two slices of wholemeal toast with 30g cheese – weighs in at roughly 26g protein.

## GOOD TO KNOW

The NHS recommends that pregnant women avoid offal, liver products and all types of pâté, as they contain high levels of vitamin A, which can be harmful to your baby.

## EASY PROTEIN WINS

**55p\***

Both fresh and frozen peas count, and 3 heaped tablespoons (88g) is 1 of your 5-a-day.



**£1\***

Greek yogurt is a great source of protein, as well as calcium, which helps support healthy bones and teeth.



**£1.15\***

Eggs also contain vitamins and minerals, including vitamins D and B, which help with bone maintenance.



**50p\***

Tinned fish such as sardines are rich in omega-3 fatty acids and iodine, important for thyroid hormones.



**70p\***

Cottage cheese has 9g of protein per 100g and is cheaper and contains less salt than other cheeses.



**£1.35\***

Lentils are high in protein and fibre and often a cheaper alternative to meat.



**£2.35\***

Lamb kidneys are cheap to buy and high in iron, selenium and B12, which supports nearly every system – from eyesight to the immune system.





## ROOT VEG CASSOULET WITH CHICKEN LIVERS

**Cost per serve 69p**

crusty bread, to serve  
(optional)



'Most of us in the UK are getting more than sufficient protein,' says Isa. 'In fact, I wish we were a bit more focused on our fat and carbohydrate intake, including fibre!' If you're looking for vegetarian sources try yogurt, cheese, milk and eggs. Vegan options include soya milk, beans, tofu, lentils, nuts and seeds.

**5** To serve, ladle the cassoulet into shallow bowls, spoon over the livers, then scatter with the remaining parsley leaves. Drizzle with extra-virgin olive oil and serve with crusty bread, if you like.

of the reference intake. See page 6.  
Carbohydrate 18g Protein 15g Fibre 8g  
2 of your 5-a-day; source of vitamin C





# 45g

FOR WOMEN



# 55g

FOR MEN

is the average amount of protein needed per day (although if you're a gym-goer or athlete, you'll need more). An average-sized chicken breast contains roughly 28g protein and would give you over half of your recommended daily amount.

## SAVOY CABBAGE & SOYA BEAN RICE

Serves 2   

Takes 15 mins

Cost per serve £1.32



To make this gluten-free, swap the soy sauce for tamari. To make it vegan, use brown sugar instead of honey, leave out the eggs and increase the soya beans or add tofu.

160g frozen soya beans

2 tsp rapeseed oil

2 large eggs, beaten

100g bunch spring onions, trimmed and finely sliced

3 large garlic cloves, crushed

¼ tsp crushed chillies

200g Savoy cabbage, finely shredded

250g pack microwaveable wholegrain rice

1½ tbsp reduced-salt soy sauce

1 tsp clear honey

1 lime, zested and juiced

**1** Put the soya beans in a small pan, cover with freshly boiled water, simmer for 3 mins, then drain and set aside.

**2** Heat 1 tsp oil in a wok or large nonstick frying pan over a medium heat. Add the beaten egg, cook for 30 secs, then flip over and break up with a wooden spoon as it finishes cooking for the final 30 secs. Transfer to a plate.

**3** Return the pan to the heat with the remaining oil. Add half the spring onions and the garlic, chillies and cabbage. Stir-fry for 2 mins, then add the rice and break up with a fork. Add the soya beans and 2 tbsp water, then stir-fry for 2-3 mins until hot.

**4** Mix the soy sauce, honey, lime zest and half the lime juice together in a bowl and drizzle evenly into the pan. Return the egg to the pan and toss together. Finish with the remaining spring onions and a squeeze of lime juice.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2123kJ 506kcal	18g	3g	10g	1.3g
25%	25%	16%	11%	21%

of the reference intake. See page 6.  
Carbohydrate 52g Protein 29g Fibre 13g  
2 of your 5-a-day; high in protein

## USE IT UP

### SAVOY CABBAGE

For a great side dish, shred and stir-fry in oil with chopped garlic, ginger and chilli. Drizzle with sesame oil and soy sauce to serve.





# Have you tried...?

Make looking after yourself a little bit easier with these best buys for supporting your health and wellbeing



**Dr Salts Muscle Therapy Epsom Bath Salts 750g, £4.50** (60p/100g). The perfect recovery after a hard day. High-grade Epsom salts combine with a refreshing duo of eucalyptus and ginger essential oils to uplift the mind and help ease strains, stiffness.



**MACU-SAVE Eye Health Supplements 90-day pack, £29.99** (33p/day). Macu-Save is a clinically proven, once a day food supplement that provides advanced nutrition for the eyes.

Do not exceed the recommended dose. Do not use if you are hypersensitive to any of the ingredients. Pregnant or lactating mothers should consult their doctor before using this product.



**Bio-Kult Everyday 30 capsules, £10** (33p/capsule). Have you tried the UK's No 1 live bacteria product?\*

\*NielsenIQ, client-defined Gut Health Range - Total Coverage MAT 22/10/22



**Flora Pro Activ Light Spread 250g, £2.50** (1p/100g) and **450g, £4.60** (1p/100g) in **Buttery** and **Olive** variants. Flora ProActiv, a spread that contains plant sterols, has been clinically proven to reduce cholesterol\*. And with plant-based Buttery, Olive and Light versions available in 450g, it's a delicious and easy way to help make a difference.

\*Flora ProActiv contains plant sterols. Plant sterols have been shown to lower blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease. Consuming 1.5-2.4g of plant sterols per day can lower cholesterol by 7-10% in 2-3 weeks when consumed as part of a healthy diet and lifestyle with sufficient fruit and vegetables.



**Milkaid 120 Tablets, £12.99** (11p/tablet). Raspberry chewable tablets containing lactase enzyme. Improves lactose digestion. Each tablet contains 3000 ALU. No artificial flavours, gluten or yeast.

Food supplements should not be used as a substitute for a varied diet. If you are pregnant, breastfeeding, taking prescription medication or under medical supervision please consult a GP prior to taking any supplements. Tolerance to lactose is variable so please seek advice on the role of lactase enzyme in your diet. Discontinue use and consult a GP if adverse reactions occur. Do not exceed stated dose. Store below 25°C in a dry place. Keep out of the reach of children. Do not use if the seal under cap is broken. Do not use if the seal under cap is broken.



# Treat of the week

Celebrate Burns Night with flapjacks inspired by a classic Scottish dessert

## CRANACHAN FLAPJACKS

Makes 12   freeze

un-iced flapjacks

Takes 40 mins

Cost per serve 76p

Preheat the oven to gas 4, 180°C, fan 160°C. Grease and line the base of a 20cm square tin with baking paper. Heat 150g **salted butter**, 75g **clear honey** and 75g **soft light brown sugar** in a medium saucepan over a low heat, stirring to combine, until the butter is fully melted. Remove from the heat and stir in 250g **Scottish oats** and 100g **frozen raspberries**. Scrape into the prepared tin, smooth the top, then make about 24 small indents across the flapjack. Dot 75g **raspberry jam** into the indents, then bake for 20–25 mins until golden brown. Leave to cool completely in the tin before cutting into 12 pieces. Put 50g **icing sugar** in a bowl and stir in 2 tsp **whisky** (or water) to make a thick, pourable icing, then drizzle over the flapjacks. Will keep for up to 2 weeks in an airtight container.

Each flapjack contains

Energy	Fat	Saturates	Sugars	Salt
1114kJ 266kcal	13g	7g	22g	0.3g
13%	18%	36%	25%	4%

of the reference intake. See page 6.  
Carbohydrate 35g Protein 2g Fibre 2g



**\*4/10 PEOPLE HAVE  
HIGH CHOLESTEROL**

**\*\*Good to your heart,  
good for your wallet!**

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CHOLESTEROL



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\*REF. HEALTH FOR ENGLAND 2019 ADULTS' HEALTH.

\*\*PLANT STANOL ESTER HAS BEEN SHOWN TO LOWER CHOLESTEROL. HIGH CHOLESTEROL IS A RISK FACTOR IN THE DEVELOPMENT OF CORONARY HEART DISEASE. A DAILY INTAKE OF 1.5-2.4G PLANT STANOLS LOWERS CHOLESTEROL BY 7-10% IN 2-3 WEEKS.

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